

H&E

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International Naturist

NUDE WOMEN

What do men
really see in them?

THE GREAT H&E READERS' COMPETITION

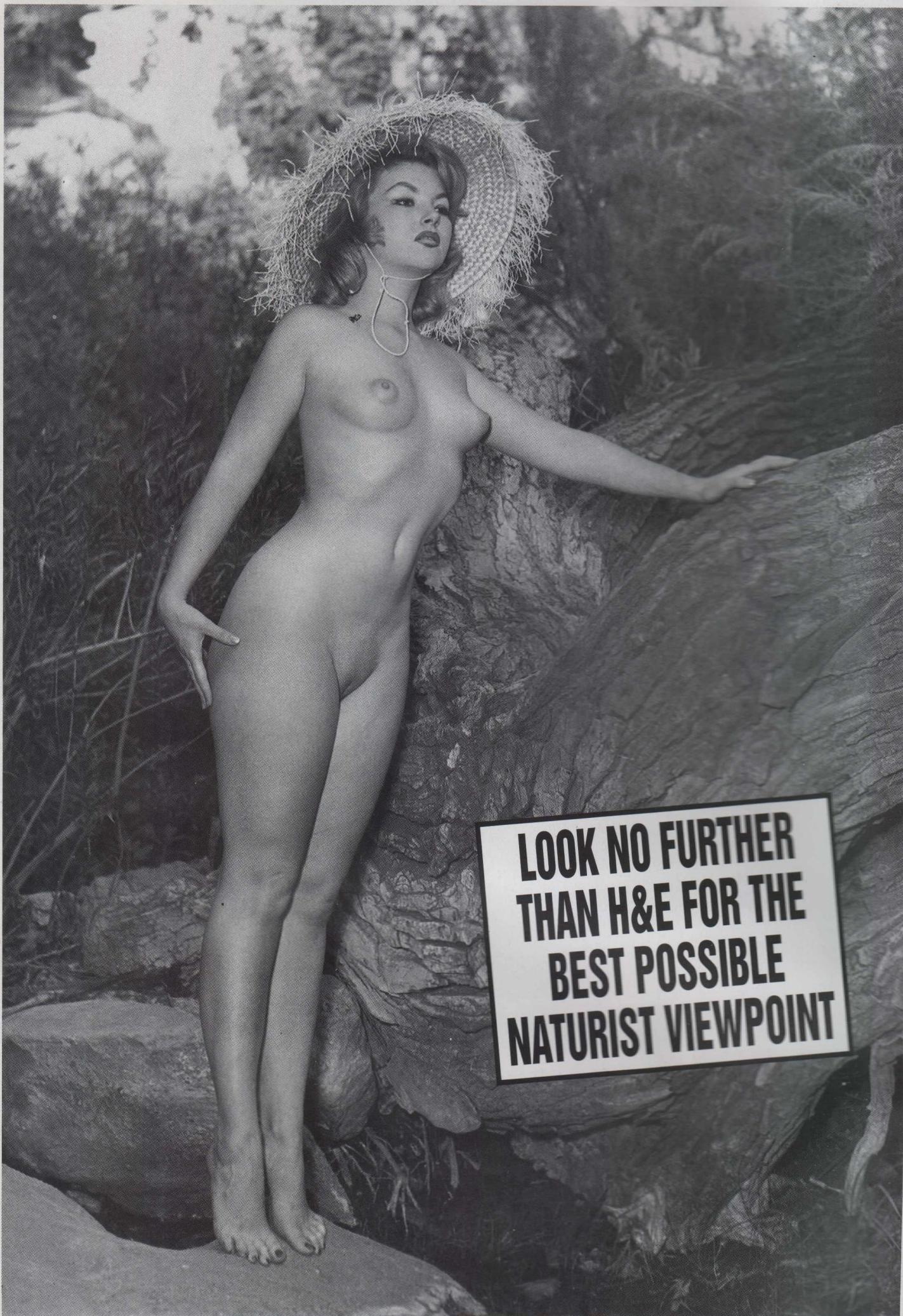
Your chance to
reveal all—for £££s

THE
WAY
YOU
KISS

*It's a dead
giveaway!*



10 >





International Monthly

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Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent.

We publish news, views and reflections on the nudist and naturist scene. This includes the wider world, where nudity and naked living are accepted. We believe in the cause of open nakedness and intend to promote it.

We offer a wide platform so all can speak. We believe in tolerance and an open mind to all aspects of naturism. For this reason, the opinions expressed in literary contributions are not necessarily those of the editor.

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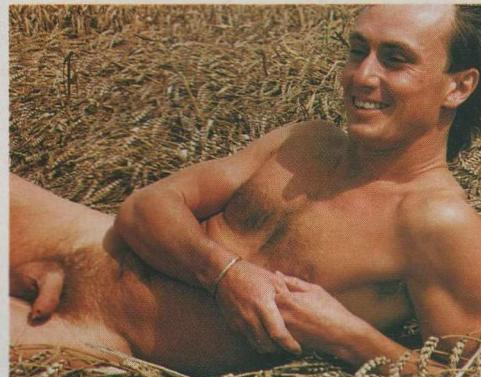
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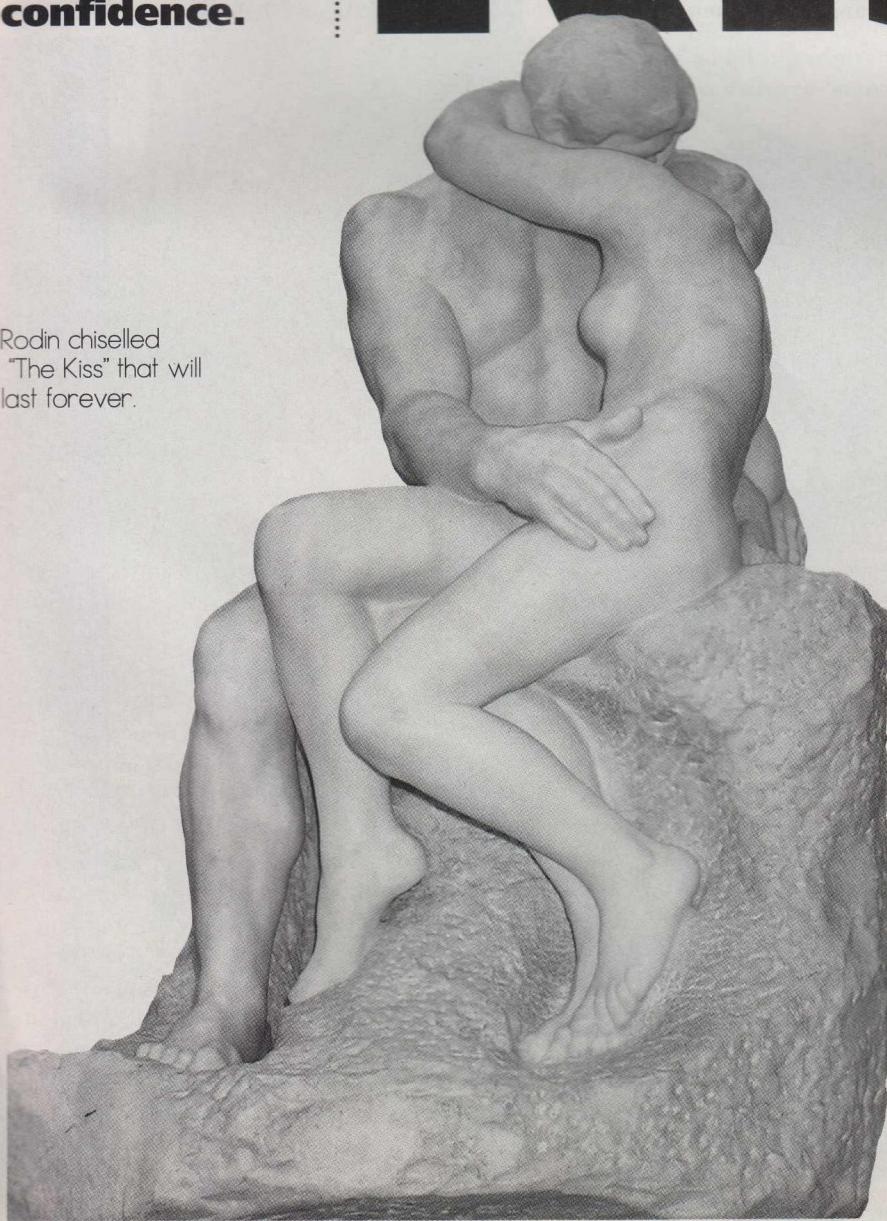


**PRACTICE
MAKES
PERFECT**



Irene J. Hoppe goes all weak at the knees following a sensuous meeting of mouths

If it works it really works, but if it doesn't, yuk ... Everyone's been slobbered over at some time. Here's the H&E guide to leave you kissing with confidence.



Rodin chiselled "The Kiss" that will last forever.

It's in his KISS

Does anyone ever forget their first kiss? I don't mean adolescent gropes in the darkness of the hall cupboard but your first real adult kiss.

The one which sets all the hormones jangling, the spiralling tingle as your stomach hits your knees and convinces you that all the love poems you have ever read were written exclusively for you.

Of course you don't. Nobody could ever forget their first kiss.

Mine came on a wonderful June evening after a group of fifteen year old boys and girls had been to an outdoor dance and picnic on the village green.

I had worn a new blue and white chiffon dress with a swinging tiered skirt, and felt that I had the world in the palm of my hand.

I danced all evening with my partner, a boy named Ken. We had been joined by Ken's friend Dennis and another pretty girl named Susan. We danced until we were breathless with laughter, then we had bought chips and walked home eating them straight out of the newspaper wrapping.

We dropped Susan at her gate, and the boys walked me home, my hand self-consciously grasped in Ken's sweaty palm.

I entered my gate and swung on the back of it to flirt with the boys. Dennis started teasing Ken.

"Aren't you gonna kiss Rene good night?"
Ken's face turned crimson and he

THE KISSES THAT TURN ME OFF...

• The Toilet Plunger

This kisser seems to engulf half my face and get saliva dribbled down my neck and into my ears. He thinks that he's displaying passion, but with my nose firmly embedded in his cheek and my entire lower jaw awash, all I can think of is a dreadful death by suffocation.

• The French Kisser

I don't know how the French got the blame for this atrocious habit, I've only kissed a few Frenchmen so I can't judge fully. I enjoy tongue contact while I'm really enjoying kissing a man, provided all the other senses are in play but I don't like a cretin with a tongue more powerful than a boa constrictor, forcing my jaws apart and sticking the thing down my throat as though looking for my half-digested supper. I'm always reminded of the film 'Alien' and I feel the passion displayed is phoney and selfish. I have been known to bite, which does nothing for the kiss, the tongue or the relationship.

• The Prune

This kisser is like kissing a frog. Not that I make a habit of going around assaulting small, vulnerable amphibians, but the comparison is too good to miss. This kiss is sterile, hard and lacking in any emotion. He presses his lips to mine and then remains completely static, while I wonder if I've remembered to add the softener to the washing machine.

mumbled something incoherent.

"Bet you're too shy. Go on man, don't keep her waiting! She expects a kiss," teased good ol' Dennis the Menace.

Goaded into action, Ken leaned over the gate grabbed me and planted a hot, wet kiss briefly on my mouth and they both ran off down the street.

I had gone indoors and taken my shoes off when the door bell rang. There stood Dennis holding out some coppers.

"I forgot to give you back your change from the chips," he said. Then, he suddenly pulled me into his arms and gave me a long, lingering, smouldering, make-all-my-dreams-come-true sort of kiss. I should have felt sorry for poor old Ken.

That evening he lost not only his girl, but fourpence change for buying my chips!

The *Oxford Dictionary of Current English* defines 'KISS: n. touch given with lips. v.t. touch with the lips esp. as sign of love, affection, greeting or reverence; (absol., of two persons) touch each other's lips thus; touch gently.'

Boy, that dictionary compiler hasn't been kissing the same men that I have!

Kissing is a strange phenomenon. Done

right, and by the right person it is a marvellous experience. It uses three important primary senses, touch, taste and smell.

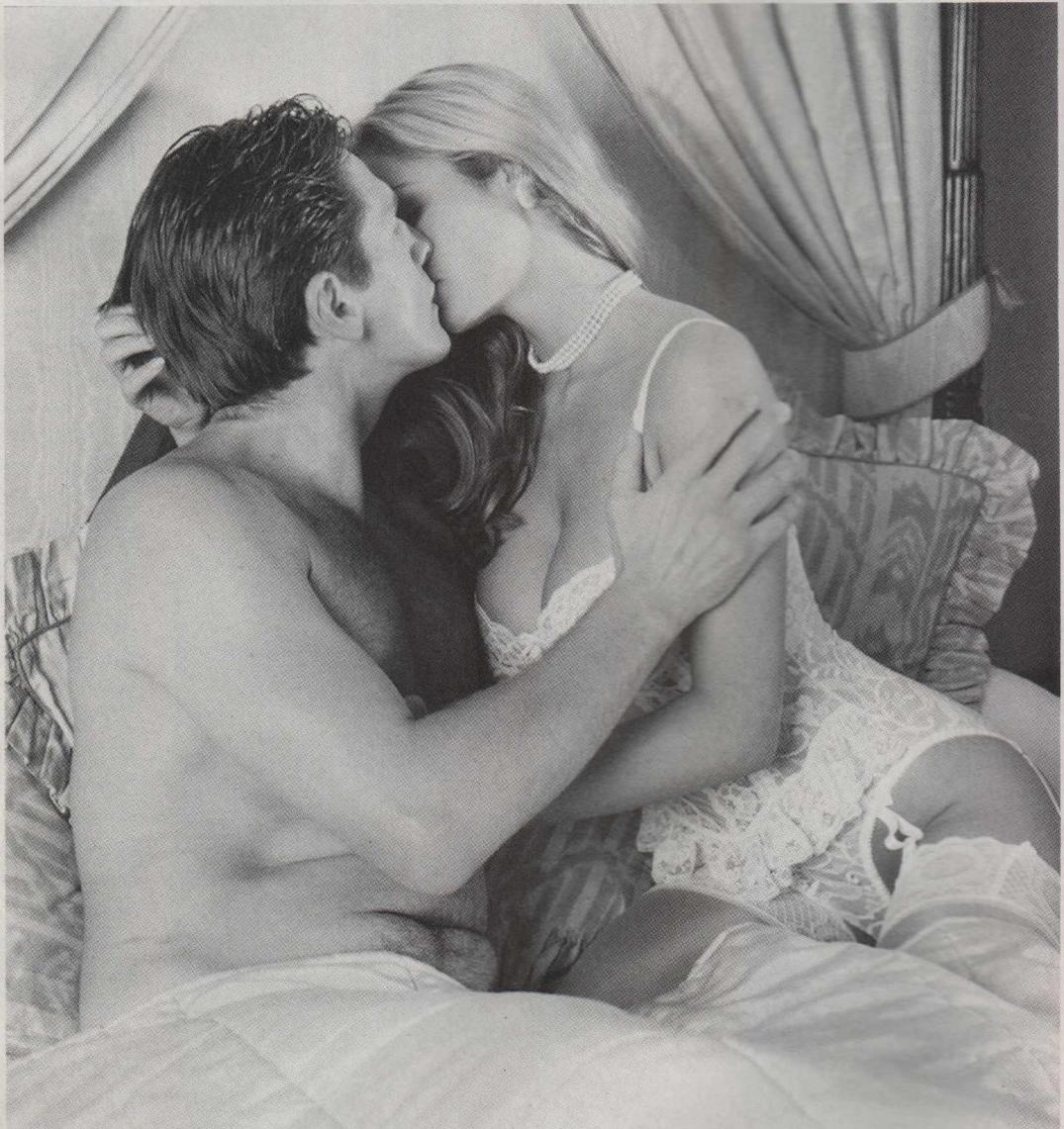
Firstly to get that close to another person you have to trust them. You physically get close to a person whom you care about and place one of the most sensitive parts of your body, ie, your mouth, against his.

There are more nerve fibres going from the somatosensory cortex, or touch centre of the brain to the lips than to any other part of the body - including the genitals.

There are a large number of sebaceous glands on the lips and in the mouth which excrete a substance called sebum which has been found to convey 'attraction signals' from one person to another.

Then, if his touch and smell appeals to you, your lips tremble and part, the kiss becomes deeper and more meaningful and the taste buds on your tongue start to explore for sensory signals, while intricate sexual messages are flying to your brain.

Does your body like this person enough for more intimacy? Is his touch, smell and

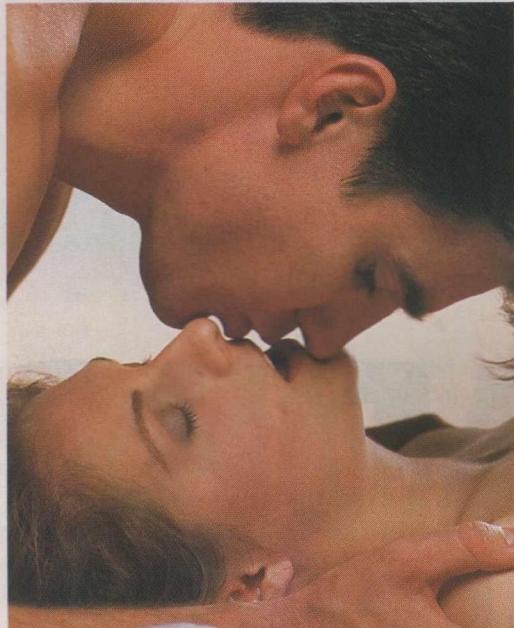


Even naturists can get dressed for that special occasion.

Then, if his touch and smell appeals to you, your lips tremble and part, the kiss becomes deeper and more meaningful and the taste buds on your tongue start to explore for sensory signals, while intricate sexual messages are flying to your brain.



Café kissing for those who prefer their passion indoors.



A head start for 69.

taste compatible with your own pheromones? A kiss, we now discover, is actually a means of exchanging chemicals which bond a couple together.

Psychologists have discovered that when a relationship is in trouble, the first thing to stop is the kissing. A lovers' kiss is a more intimate gesture than intercourse.

A couple might be having a riotous sex life, but if they no longer kiss, except automatically, the closeness of the partnership is seriously at risk.

In prehistoric times, when food wasn't bought already prepared and shoved in a microwave, both infants and the very old with worn or decayed teeth had to have their food pre-masticated. Mothers would chew food and then transfer it to their child's mouth, thus creating a powerful bonding association between mouth contact and love.

Again, an exchange of meaningful chemicals comparable to those of lovers.

Interestingly enough, both the English 'kiss' and the German 'kuss' can be traced back to the Gothic word 'kustus', meaning to taste.

The logical Romans defined three types of kiss: an 'osculum' placed respectively on a friend's cheek, an affectionate 'basicum' to the lips of a child, parent or close relative, and a soppy, salivary 'sauvium' on the lips of a lover.

The first sexual attraction signals that dart between a man and woman are made with eye contact. So why do we have to close our eyes during a passionate kiss? This, according to scientists is because kissing increases the heart rate, raises the temperature and releases hormones that cause the eyes to dilate. Thus we close our eyes to keep out the increased light.

Of course, a snog from someone you don't fancy can be the absolute pits - your pheromones just seem to lie there and snore. However good looking, rich, powerful and socially upwardly mobile a man is, if my kiss says 'no way' - he's out.

What impresses me in a kiss? It should be eased into as part of a courtship dance.

I like a man with a sense of humour, who while we laugh cups his warm hand behind my neck and kisses me lightly on the mouth. A kiss that is affectionate but not demanding, shows interest but not ownership.

That is a kiss that after we look into each other's eyes is a preliminary for a deeper more meaningful kiss to take the breath away.

A kiss to snuggle into as it gets deeper and more intimate.

A kiss that leads to roaming, caressing hands.

A kiss that inevitably leads to ...

...CURL UP AND DIE

• **The Unmentionable**
I do have a name for this kisser, but I'm a lady. To give you a clue, imagine kissing a small damp orifice surrounded by hair. Let me hasten to add, not all bearded men fall into this category. Many bearded men are heaven to kiss, soft, masculine with an undercurrent of rugged lumber-jack - if inclined to tickle. But some have a small, wet, red mouth through which they dribble making the surrounding foliage decidedly reminiscent of drizzle soaked, decaying bracken.

• **The Bruiser**
This kisser is like an assault course, the passion is really anger. He attacks the mouth leaving bruised lips against the teeth and grazes from his stubble. This kiss is not meant to be enjoyed as a kiss, it says: 'Let's get the preliminaries over fast and get down to the screwing.' This kisser stands as much chance of becoming my lover as a leper.

Unlike John Mortimer's TV mini series *Titmus Regained*, Andrew Downey's return visit to Canterbury Sun Club's 'Pineglades' property did not conclude with everybody unhappy. "On the contrary" he says, "we thoroughly enjoyed our couple of days there."

In beautifully fine March weather we approached the grounds as the day was drawing to a close.

We had been very fortunate to have the loan of one of the chalets which are dotted around this delightful spot so our first job was to find our bearings and settle in.

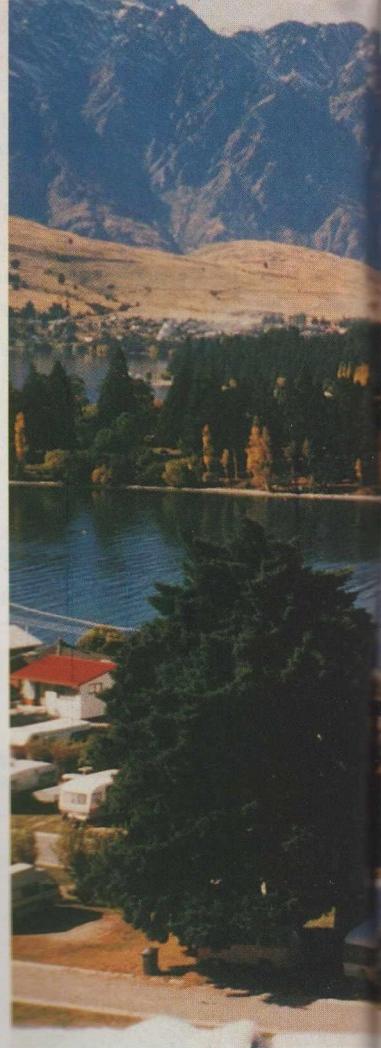
Having visited the club twenty years previously we had no difficulty in rediscovering its exact location. However, as one could expect, there were changes and differences since our previous visit.

The first that we noticed was that now

there was a locked gate where previously we had driven in and out without hindrance. This has probably been brought about by an increase in crime in New Zealand.

The next most notable change was in the size of the trees. Twenty years obviously had greatly increased both the height and girth of these trees (mostly pine as you could guess). But also, not obvious two decades ago, there were now many other types of trees so that, while the pines still predominate, there is a much greater variety of texture and colour.

Our chalet, as we drove in, was the easiest



PINEGLADES REGAINED

WELCOME TO PINEGLADE
THE CANTERBURY SUN CLUB

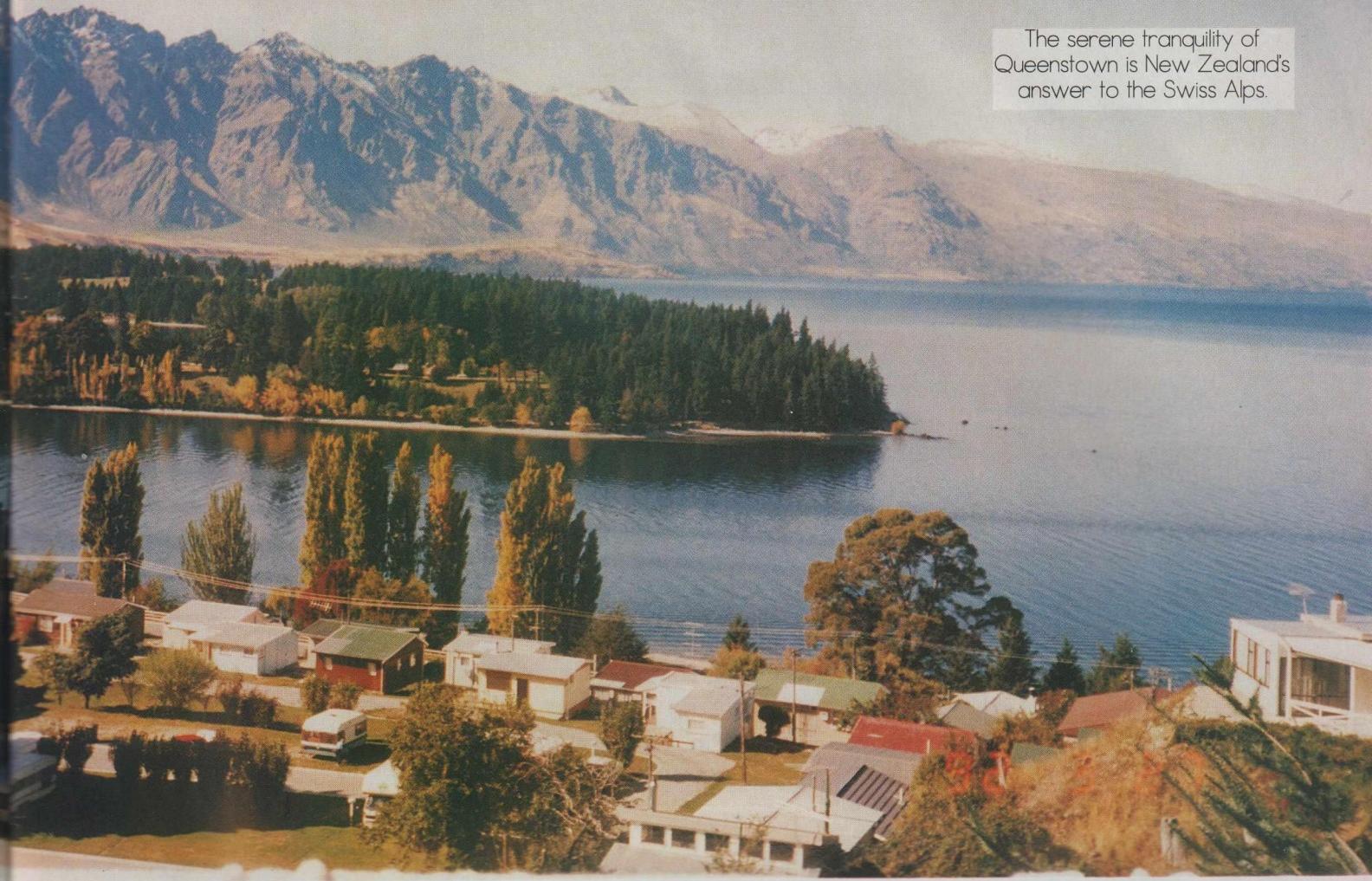
to find being the first on the left of the long drive through the grounds. We quickly unpacked, had the ubiquitous cuppa and then went off to explore the place before the light finally faded. We found that not only were there many more chalets and baches (as we call small holiday cottages in New Zealand) but, while the beautiful swimming pool appeared to be the same one we had previously seen, the entire clubhouse had been revamped.

Besides being spacious and offering all the facilities which campers and caravanners might need it also boasted a spa pool and sauna - two amenities most welcome as the colder nights approached.

Having left Queenstown (New Zealand's magnificent equivalent of Switzerland) in the morning and driven most of the day, a



The serene tranquility of Queenstown is New Zealand's answer to the Swiss Alps.



A man who lives on the edge.

prandial interlude before retiring seemed to be in the order of things so we set off to the club house to try out their new spa and sauna.

On the way we bumped into Betty, a newcomer on the nudist scene, who told us in a friendly chat, of the delights of these new facilities.

Warmed and relaxed we soon piled into bed to sleep the sleep of the just (or was it just the plain exhausted?)

Next morning another beautiful sunny day greeted us.

Being past the peak season there were not many members about but as we strolled down the drive we came across Henry relaxing in the morning sun, reading his newspaper while Joan his wife busied herself in their chalet's kitchen.

True to the friendly spirit of nudists this couple, whom we had never seen before, gave us a hearty welcome. We were soon enjoying a great chat, swapping stories of naturism twenty years ago and discovering that we had numerous experiences in common.

Leaving Henry and Joan we sauntered on to the rear of the property where the baches and gardens were really most attractive.

One or two were for sale and while toying with the idea of joining the club, buying a chalet and making this our holiday home we





noticed a couple busy pruning trees and tidying their garden.

They waved and beckoned us over introducing themselves as Joyce and Bert.

Another pleasant and interesting chat was followed by an invitation to lunch. Many arguments, for and against every aspect of nudism were heard during that meal. All in all, a most challenging and even provocative discourse!

Later in the afternoon we decided to visit the textile world for a change, so having donned the obligatory garments we set off to buy bread, meat and vegetables at the shops not far from the Club's gates.

How glad we were to return to the naturist haven and to remove that unnecessary apparel. Again, the spa and sauna beckoned that night and again, were followed by the

There are less naturist resorts in New Zealand's South Island compared to North Island, but the beauty and serenity would encourage any naturist to strip off.



Taking a stand by the Pineglades clubhouse.



Making a splash.

tranquil sleep of the just and deserving.

Next morning however, was our day for journeying north to the delightful seaside resort of Kaikoura where, in the right season, snow-capped mountains reach down almost to the shores of the blue Pacific - a truly wonderful sight!

Having made our farewells to Betty, Henry and Joan we drove past Joyce and Bert's cottage to bid them adieu also. Glad that our stay had been so interesting and happy, but sad to leave newly-found friends, we waved goodbye to "Pineglades" hoping to be able to make another visit in the not too-distant future. **H&E**

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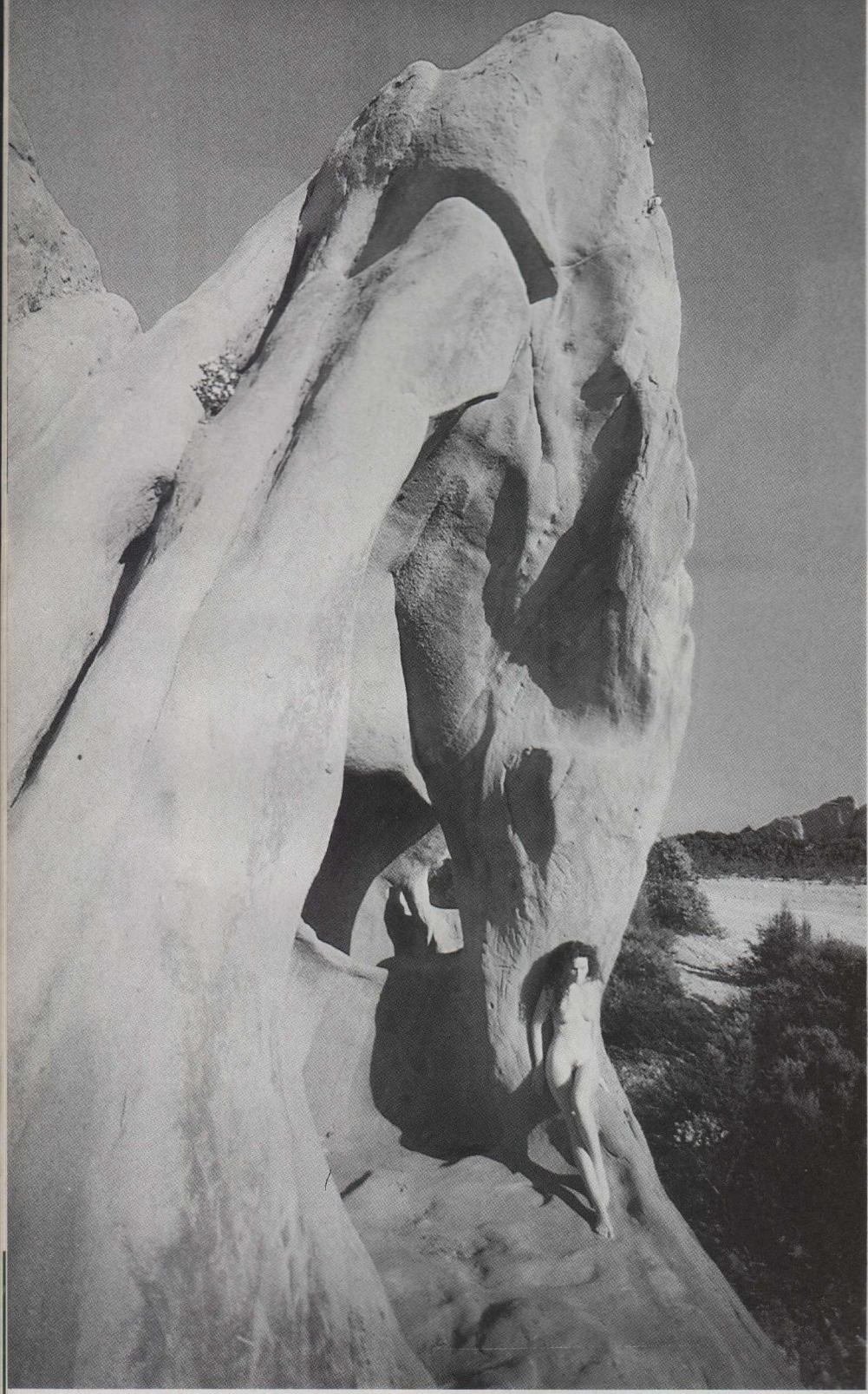


Are you a budding Steven Spielberg?

Well, even if you're not, H&E would love to see any footage you have. We are putting together an H&E video magazine, featuring the newest in naturism and the best in film. If you have an amusing or interesting piece of naturist living on VHS or VHS super film, why not send it in? Every piece of naturist film included in the video magazine will receive a great cash prize. We will return every tape sent, but we recommend that you send it by one of the special mail services. H&E/Peenhill Ltd accept no responsibility for the tapes sent to us.

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(Please ensure that everyone featured within the film has given their written consent to a possible appearance within the new video magazine.)



Photography by Leverett Bradley

Right or wrong, we just wanna get STARKERS

Two naturist magazines arrived simultaneously on my desk this morning; the long running British Naturism, mouthpiece of the CCBN and the third edition of Starkers, an independent enterprise produced by naturist Mark Nisbet. Two very different publications neatly bookending the spectrum of attitudes and ideals prevalent within what traditionalists proudly call 'The Movement'.

And what a battle rages for sovereignty of the naturist kingdom. While the insular and parochial BN addresses the navel-gazing minutiae of club life and AGM committee minutes, illustrated with photos of the naturist army generals receiving various awards and naked, wellington booted troops shovelling the concrete for the new club barbecue, Starkers adopts an amused stance, high above the battlefield, wryly observing and commenting on the fussing and fighting below.

CCBN's defences have been under increasing attack in recent months with a lot of members openly criticising their policies and even breaking away to form splinter groups. Sue Piper, the CCBN's dedicated Gruppenfuehrer, was last year elected president and is widely known to hold strong views on what is - and isn't - 'true naturism'.

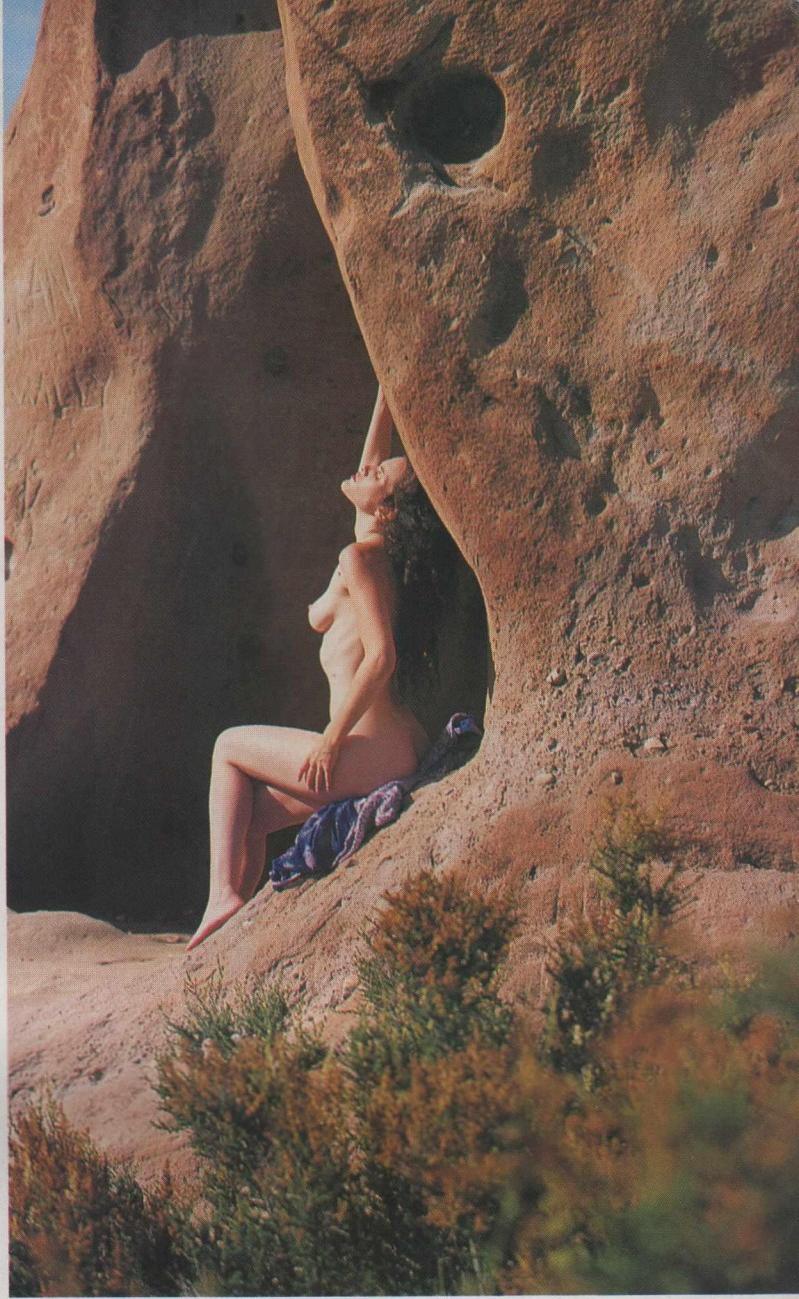
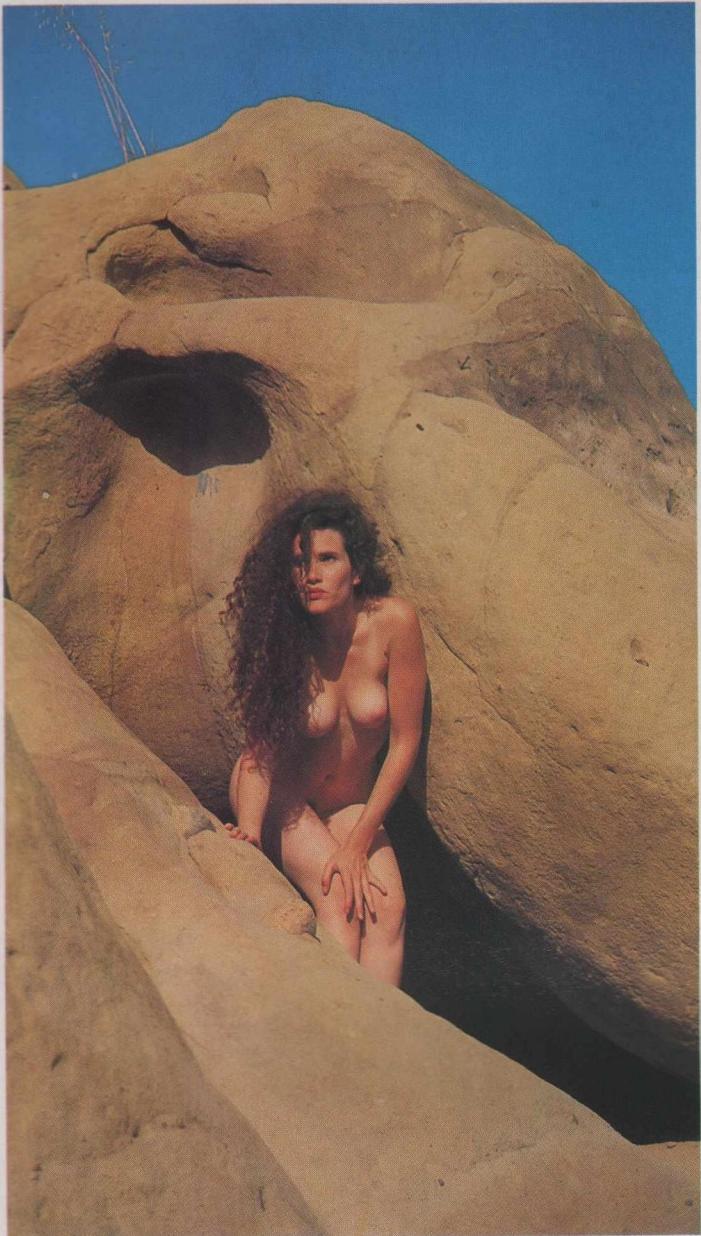
In a timely 'CCBN Special', Nisbet and his team attempt to scale the walls of secrecy and uncover the true face of the organisation.

They've made an impressive job of it too, presenting a collection of intelligent, reasoned, humorous and occasionally satirical ideas.

Standing back a pace, they hand the biggest weapon to the reader. They'll show you the creature's true colours, you get to make up your mind whether to kill it dead or capture and train it for a life of worthwhile domestication and service.

The cover encapsulates the message inside: a typical 60s shot of a naked couple in what looks like a muddy field saying: "We joined CCBN back in 1964 - and we've never looked forward!"

H&E is occasionally criticised as well, of



Let's see your true colours.

Two opposing ideas on the same viewpoint or a backlash against established naturist lunacy? Jon Williams considers an unholy trinity of naturist magazines.





"There's room for everybody in the naturist world"

course, but as a commercial (newsstand) concern, we have to reflect the naturist lifestyle whilst operating under different constraints (I'm writing this in March for instance ...) and criteria.

I've neither the inclination or the space to reiterate all the restrictions imposed and the necessary compromises involved in producing a commercially viable magazine that attempts to satisfy the demands of a wide-ranging readership whilst retaining a sense of balance and integrity as it would take pages and probably bore you to death.

There's room for us all, however disparate our viewpoints may seem, if we maintain a degree of tolerance and perspective.

True freedom relies on an implicit respect for the unwritten rules of reason and an open-minded approach to differing viewpoints. We may all have opinions but merely shouting them louder and more forcefully doesn't make them any more correct or important than anybody else's.

Seeking power isn't what it's all about. Granted, everything needs some sort of structure and sometimes a degree of organisation, whether on a personal or an institutional level but let's not forget a sense of fun too - this is after all, supposed to be an enjoyable pastime.

H&E



Raise your hat to greater tolerance.



**Some people's lives
are a misery
following the
realisation that
they're trapped in
the 'wrong' body.**

**Vanessa has
experienced the
situation first hand.**



**"I was once closely
involved with someone
who completed the change
from one sex to another"**

"I'M THE WRONG SEX!"

To most of us who are decidedly male or female the subject of sex change is often just another joking matter.

Sometimes it's more serious, the demise of Stephen Milligan, the British M.P. who was found dead wearing women's stockings, with a plastic bag over his head - a sexual escapade that had obviously gone seriously wrong.

However, sex change is a whole different ball game to sexual pranks of a cross-dressing nature. Most boys and girls grow up occasionally wondering what it would be like to be a member of the opposite sex.

Girls in particular actually wish they were of the opposite sex - I know I did. When I was a child, boys were frequently allowed to do things girls weren't. They could be much rougher in their play and stay out later. They were not cocooned in quite the same way as girls, and it all seemed most unfair to me at times. On many occasions I longed to have been born a boy.

And there are always parents who wish they had a son rather than a daughter, or vice versa. Years ago I used to frequent a hairdressers where one of the clients brought her small son with her. The only reason I knew the toddler was a boy was because the hairdresser told me.

The poor little chap had his hair in long girlish curls and was always dressed in flowery trousers and tops.

It was the sixties era of

hippies and flower power and if he'd been 24 instead of four it would not have been so bad. I have often wondered what kind of sexual identity problems he grew up with.

The whole point is, there are some unfortunate folk who grow up absolutely desperate to be a member of the opposite sex.

Theirs is not just a childhood fancy so as to partake of forbidden or inaccessible activities belonging to the opposite sex. They are strongly aware that they have been put into a body of the wrong sex.

Years ago such people would have had to live with their frustrations hidden inside - impossible to reveal their secret yearnings for fear of being ostracised by society.

Such people are victims of their own biological make-up. Their yearnings to be of the opposite sex are none of their own making. Their chromosomes were not quite as they should be when they were formed in their mother's womb.

They were born with one sex physically predominant, but not necessarily the sex in which they were happy to live their lives.

Most of us, unfortunately, can only guess at the problems such people face. But I was once closely involved with someone who completed the change from one sex to another.

In one of the poorer areas of London, where our vicarage was situated, we were introduced to 'Hans'. Hans was a young, good-looking and intelligent Belgian guy.

He had a gentle personality and was just the sort of fellow who, had my two small sons been teenage daughters - I would have been happy to have around the house as a boyfriend.

However, all was not as it seemed. Hans had spent the whole of his young life feeling he was a stranger in his own body. He had the body of a boy, but all the feelings of a girl, and now in his early twenties he had come to the inevitable decision that something had to be done about it.

He was in England for one reason only; to go through with a total sex change. This facility was available in his own country, but he could not face such a momentous change in the place where his family and friends knew him. So he chose England.

His therapy gradually progressed - he was becoming more female orientated in his emotions through the psychological help he was receiving and the drugs were helping his physical body to develop more along female lines, but his problems were really gathering momentum.

Monday to Friday he acted and appeared as a man whilst working, but at weekends he would dress as a woman.

So what's wrong with that? Nothing, as long as he remembered when he was 'female' always to frequent the Ladies public loos, and not as happened on occasions to go to the Gents by mistake. To do it the other way round, and wander into the ladies during his working days dressed as a man, was a far

worse mistake, and the first occasion resulted in him losing his job.

However, Hans found it far more emotionally upsetting when the lady of the family who had 'adopted' him felt she had to ask him not to visit any more, as her toddler kept asking his mother 'Why is Hans dressed as a lady?'.

How do you explain about chromosomes to a three year old? There were some terrible emotional traumas before he was ready for the operation which would complete his sex change.

A total sex change is not something to be taken lightly and the depth of yearning for it has to be so deep that it can only be genuine for a person to persevere with it at all.

Hans did complete his 'treatment', and achieved his new life as a female that he had always

known was right for him. The day eventually arrived when Heather, not Hans, knocked on the vicarage door. I saw this lady coming up the driveway, and thought there was something vaguely familiar about her.

When I heard her voice I knew for sure. I have to admit, I kept well away.

When she left I was watching from the window. Tall, elegant, wearing lovely clothes, walking confidently in her high heels, looking every inch a lady. It would never occur to anyone meeting her for the first time that she had ever been anyone other than a delightful feminine lady. I hope she found complete happiness in her new life; she deserved it.

H&E

New, Vanessa vamps back on 0891 112536 all calls charged at 49p/min peak rate and 37p/min at all other times.

"On many occasions"



I longed to have been born a boy"

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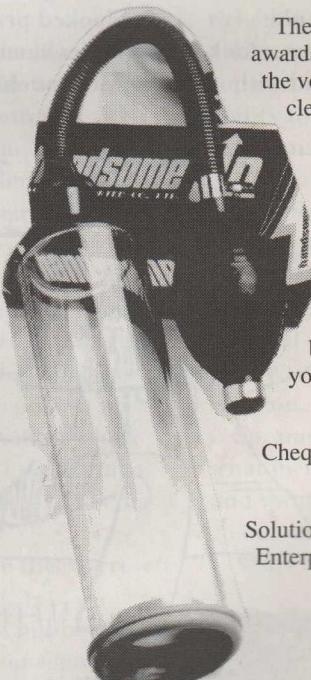
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Naturist women (like all women) spend hours wondering about the strange behaviour of men. Why can't they be normal? But there's a reason behind every odd act, and Russell O'Connor is here to clue up females everywhere ...

The CHASE is ON

A quick scan through the newspaper advertisements will reveal some fundamental differences between what men and women look for in their search for an ideal partner.

It is now time for us to discover what men look for in their women, apart from large quantities of alcohol.

The simple answer is not much else.

Below, to help all you women meet men's standards, is a list of their most often sought requirements and what they actually mean so as you can avoid making some embarrassing mistakes when choosing your ideal man.

Unlike women, men will mainly concentrate on the appearance of their ideal partner. They see women as a status symbol to show others how well they've done. It has always been like this.

In prehistoric times, man would stroll majestically out of his cave, clonk the prettiest maiden on the head with

Part Two: WHAT MEN LOOK FOR in a WOMAN

his large club - they called it 'going clubbing' - and drag her back to his cave to live happily ever after.

The women would constantly complain of headaches from the blow to the head or have died from their injuries but man was happy with his lot. If she was dead she wouldn't have a personality, well, certainly not an interesting one, and providing she sat and looked pretty in the corner when his mates came round, he didn't care. Nothing much has changed.



If men chose their material possessions in the same manner they choose their women they'd have a lot of pretty equipment that simply didn't work. Lots of men have that.

It is unfortunate, but true, that men are more visually excitable than women. As a friend of mine once said: 'Show a man a picture of a duck-billed platypus and he'd throw it away. Show a man a picture of a duck-billed platypus wearing a pink dress and he'd hang it on his bedroom wall.'

So, what sort of looks do men look for and have you got them?

Well, it does seem unfair that men, in general, prefer blondes with blue eyes. A friend of mine, yes I have two, was particularly upset by this as men kept hassling him.

It would serve a man right if he asked for a leggy blonde and was greeted by an octopus wearing a wig.

Basically, women shouldn't really worry about this too much. When they say that gentlemen prefer blondes, it means that those of us who aren't gentlemen like anything we can get, so every woman's got a chance.

Women do however, seem to have a dilemma. If they look plain and dress dowdily no man will notice them or take them out. If they make up and dress up a man will take them out, show her off to the world, then slap her when other men show an interest because she looks so good.

Women don't have the same problem with men as men tend to take less of an interest in their own appearance because they've been told that women like their men to be rugged, like Clint Eastwood. Unfortunately, most men

think rugged means a cross between Bob Geldof, Oliver Reed and a local tramp.

Many men, having captured their woman, refuse to make an effort. They'll often complain that their women spend too long in the bathroom. They would say that; to them anything longer than a minute is a long time. As far as most men are concerned three squirts of deodorant constitutes a wash.

(again)

Some women when asked who they dress for, themselves or their men, will often say their men. This doesn't surprise me. Men are so lazy they'll get women doing everything for them.

But surely men must want other things from women apart from their looks? Mustn't they?

Well, yes.

Apart from looks, men will insist that they enjoy the same interest or hobbies as them. For example, they like their women to like pubs and football so as they can date them on Saturday afternoons without having to let down the lads as well.

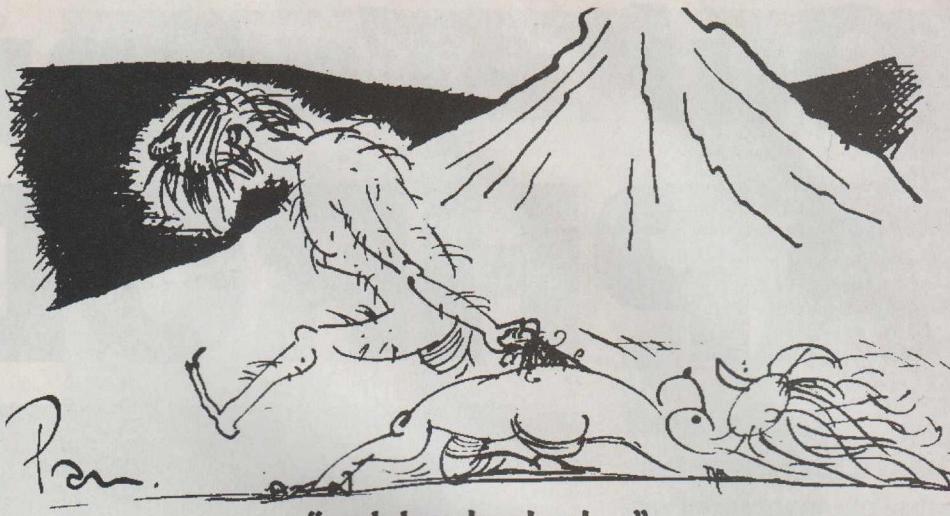
Women must like sport, cars and drinking. If they can drink-drive for their country, all the better.

They must show or feign an interest in sport if they are to impress their man. Try and pick up any trivial snip of information you can about it. I once knew a woman who told a man the exact dimensions of a snooker player's bottom and he was her friend for life.

Sport is something men watch, talk about, but seldom do. However, when challenged, men don't like to admit that the nearest they get to a gymnasium is when a young, nubile Romanian gymnast is doing a floor routine on telly.

It is amazing just how many men who, having slumped into middle-age mediocrity, will invent a history of their great sporting prowess.

I know an entire league of gentlemen who would've gone on to play international schoolboy football for their country; had they not broken a leg clearing a football from their own goal-line and colliding with a post



"and drag her back ..."

whilst playing for a county side, one week before the national team manager's scouts were due to watch them. Come on, boys, you can do better than that.

Any man who tells you this story is lying, and you can take that advice from a potential international decathlete who had his promising career tragically cut short when, whilst running the 100 metre hurdles, got stabbed in the chest by another athlete's stray javelin attempt. See what I mean?

When it comes to the subject of recreation it is wise to show caution when replying to an advertisement. A male sporting friend of mine once replied to a woman who said that she enjoyed rambling, then became annoyed when he couldn't shut her up.

Men can be insensitive like that. A woman once told another friend of mine she'd love a night by a roaring fire, so he took her to a Fire Brigade display.

The same man told me he liked his women to be easy-going. He said: 'The easier they go away the better.'

He's the sort of man who, having heard a woman describe herself as a very warm person, asks her to take her clothes off.

Women should also be careful not to tell their man that they are 'home-loving' as he's likely to go out to the pub on his own, come back drunk at two o'clock in the morning and say: 'I didn't take you because I thought you loved being here.'

But men shouldn't have this narrow-minded attitude.

Men who want someone bubbly should be prepared to meet someone with bronchial pneumonia; whilst men who want their women to be

independent, shouldn't be too surprised if they don't want anything to do with them.

Some men like a woman with a sense of humour. Unlike women, this doesn't mean he wants someone who can make him laugh, it means he wants someone who'll laugh at his jokes to make him feel good.

Sometimes, this isn't the case and women should be warned that when some men want a woman with a sense of humour, it is probably because they are incredibly ugly and feel she'd need one to be seen with them in public.

To see if you have a sense of humour try this simple test.

Do you prefer: (a) Chevy Chase? (b) Whoopi Goldberg? or (c) Neither of them?

If you answered (a) or (b), or worse, (a)+(b), then you haven't got a sense of humour, though you may have a season ticket to a psychiatrist.

If you answered (c), then you have got a sense of humour but also a sad ability to waste your time on irrelevant questions.

One final thing that women should note is that it is true when they say that the way to a man's heart is through his stomach. With this in mind my advice is not to cook him a big slap-up meal with all the trimmings. Far better to become a crazed hospital surgeon.

So, now that we have understood what men and women really look for and want from each other, we can all go out and find our ideal companion.

Visits to pet shops not allowed.

H&E

Sex and the Naturist, find out

more, ring 0891 112530

all calls charged at 49p/min peak rate and 37p/min at all other times.

Quite 'appy at APHRODITE

Gods and Goddesses, once exclusive to Greek mythology, now happily settle for a trip to Aphrodite's Olympic naturist village. Mary Stephenson went to check out the fun and games.



The perfect way to travel.

Aphrodite, the Greek goddess of beauty, was said to have sprung naked from the foam of the sea. The day I went to Aphrodite there was no foam but there were lots of women springing naked from the sea.

Aphrodite Village is probably the best known of the cluster of naturist centres at Port Leucate on the coast between Narbonne and Perpignan. There are actually not that many naturist centres with direct access to a beach on the Mediterranean but Aphrodite and Ulysse, its neighbour, are situated on a beautiful stretch of sandy coastline big enough to cater for the July and August clientele without seeming crowded.

I went along with a friend and we were

surprised to see several advertisements on the way for naturist centres. As well as Aphrodite and Ulysse there was Eden (more about Eden later), Club Oasis and Maison de la Jetae.

The area around Port Leucate is very flat and in fact Port Leucate is on a bridge of land that surrounds a large inland lagoon where international windsurfing championships are held.

There are inlets and these are used by boats that come in to moor alongside the holiday villages. Aphrodite has its own little harbour on the far side from the beach and away from the swimmers.

High steel gates bar the entrance and these only open once the people in reception are satisfied you are a bona fide visitor.

There is no camping at Aphrodite.



Accommodation is all in privately owned studios and apartments. The studios accommodate from two to six people and are let through the management who act as agents or through the owners themselves. The same applies to the larger apartments.

Certainly the facilities look excellent. There are shops, tennis courts, bars, two swimming pools (one of which is heated) and a bar and restaurant beside the beach. But these things don't come cheaply.

A two person studio in the low season is £100 a week but more than doubles to a hefty £230 a week in July and August.

There was an air of affluence about the place, smart cars and smart bodies that seemed to accept apartments with direct access on to the beach, the swimming pool or the harbour as being essential rather than a luxury.

Trouble has been taken to plant bushes and shrubs, making the place look tropical as well as providing some shade.

We didn't eat in the restaurant by the beach, instead we bought ourselves some fruit from one of the shops and, knickering up for our short trip, drove next door to Ulysse.

I was particularly interested to see Ulysse because rumours abounded that it had been sold and was now textile. Just as I suspected, the rumour was untrue but based on the fact that the camping section had indeed been



Beach palmistry.



You won't get hot and bothered shopping at Aphrodite.

sold in favour of a more profitable concern.

Ulysses was a Greek king who got blown off course while returning home from a battle and spent the next ten years travelling around, providing Homer with material for his Iliad. Ulysses, the place, looks rather as though it's waiting for its king to return and restore it to former glories.

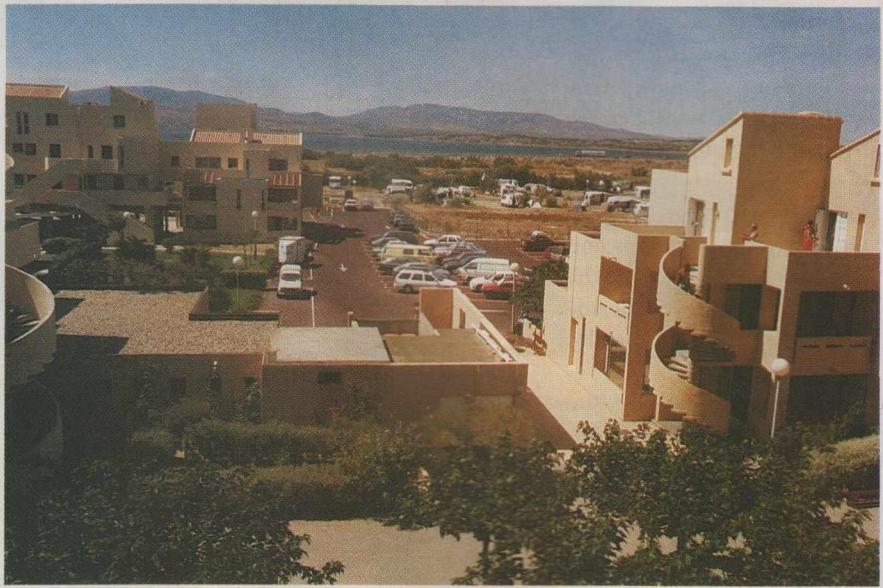
Acmodation is in apartment blocks, some of which have glorious views across the beach and to the Pyrenees beyond. But on closer inspection there are cracks in the walls and peeling paint.

The bar and restaurant, beside the small swimming pool, have been decorated in brilliant blue as though trying to cheer the place up. I wouldn't want to go there with a bad hangover.

There just seemed to be a rather defeatist air about the whole place, as though it wasn't worth trying any more. It's a pity because the place could be lovely, with a bit of energy and investment, they could be humming again.

We went for a further saunter and found Eden.

I don't know if you've ever seen the classic film 'High Noon' but there's a scene at the end when Gary Cooper, who plays the part of



Practical rather than beautiful.

There was an air of affluence about the place, smart cars and smart bodies that seemed to accept apartments with direct access on to the beach, the swimming pool or the harbour as being essential rather than a luxury.

the honest sheriff, has challenged the baddies to a showdown.

As is usually the case in such matters, Gary suddenly finds he's on his own and the town he is trying to protect becomes like a ghost town.. No-one around, the relentless midday sun beats down on a street that is empty.

Well, remove a somewhat twitchy Gary Cooper and replace him with a naked Mary Stephenson and friend and you've got the picture of Eden. Deserted, ghost village, nothing. Unbelievable.

There you have a collection of studios and apartments right beside a heavenly beach, a haven for naturists you would think. Less than a mile away another naturist establishment charging high prices is humming with activity. Why? What happened?

Ulysse started in the mid seventies as a 'camping sauvage' or free camping area. The camp site that remains, the one that has been sold, is small and fenced and situated at the back of the Ulysse complex out of sight of the sea. The 160 apartments and studios are privately owned and stand within a total area of one acre with a central, open space.

Before leaving I wanted to get a brochure for prices etc. and was told to speak to the man in the portacabin which acted as the information point. It was closed. Sad really, and in the high season too.

The sooner Ulysse stops messing around in boats and gets back to base, the better.

For more information: Aphrodite Village, 11370 Port Leucate, France. Tel: 010-33-68-40-90-42 or Ulysse, 11370 Port Leucate, France. Tel: 010-33-68-40-99-21

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WOMEN'S

WELLBEING



FAT CHANCE

Why do women always want to lose weight? Every time I talk to a woman she's either on a diet or just going on one or just finished one. They tell you they're doing it to be more attractive and yet most men I know prefer to see a bit of extra flesh to a set of skinny ribs. Please tell women to give up this stupid notion that being thin is pretty.

As is so often the case, I find myself agreeing with you wholeheartedly in one way

and utterly rejecting what you say in another. As a confirmed spring-time exercise fanatic, I do agree that women who are constantly trying to be something they cannot ever hope to be are both sad and silly. But on the other hand, every year when beach time approaches I look in the mirror and spot that little tummy that has slowly grown over the winter. Every year, so far, I have made it to the beach with a stomach less like a cushion and more like an ironing board because I have given up chocolate and

started doing sit-ups. I'll never be Cindy Crawford, but if I can move closer to perfection then why shouldn't I? And a final point; for every man who loves large ladies there is also one who loves small ones.

NOT BOBBITT - BUT SNIPPET

I am a circumcised man and I regularly read H&E, especially when there are articles about circumcision. I have never liked the circumcised penis and I wish I had a

No pussyfooting around; Marianne tells you what's what. For confidential advice on your problems, send an SAE to Marianne La Mauve, H&E, 1st Floor, 64 Great Eastern Street, London EC2A 3QR.

foreskin. I know you have always said that foreskins can't be put back on - but I read in a medical journal recently that skin grafts can be carried out for men who have been circumcised too far and who consequently have problems. Can you tell me more about this?

I am trying to find out more about these skin grafts, which seem to be quite rare and have a higher publicity in the USA than in Europe. As soon as I have reliable information I will make sure it goes into the column.

DON'T PIP IT - SIP IT!

Is it safe to put fruit in the vagina? My boyfriend wants to try this with oral sex and I'm a bit worried about it. Can the fruit get lost and can it cause allergies? If it is OK, what fruit would you recommend?

It's amazing just what subjects my readers expect me to be an expert on! My long suffering team of medical friends are divided on this one, some say it should be fine, others say the fruit could get lost, or pips from it could set up a nasty irritation. My advice (as a non-expert!) would be to give the whole idea a miss and just play it safe with orange juice or honey or any of the other 100 or so more suitable kitchen products you could choose for this kind of fun.

DON'T ANSWER BACK!

I want to try to get in touch with a woman whom I heard on the radio, talking about naturism. I have written to the programme she appeared on but they refuse to help me. I am single, twenty seven years old and male. Will you please put me in touch with her?

Even if I knew who you were talking about, I wouldn't help you to gatecrash her life. Anybody who, as a member of the public, talks about anything on TV or radio, has the right to retain their private lives unharrassed by

others. Whether you agree or disagree with what they say is not at issue - you have every right to respond - but through the programme producers, not direct to the person. Your interest in this woman seems to be personal and I very much doubt she would welcome a complete stranger barging into her life just because he heard her say a few words on radio.

SUN BLOCK?

I'm really confused about sun tan lotions and sun factors. I'm going on holiday in a couple of months and I don't know what kind of preparations I should be taking with me. Are they all the same

except the name and the price? I suspect it is all a huge marketing hype to get us to spend even more money.

Yes and no. There are standardised features that sun tan products have to display; the SPF being the most notable. The SPF is the sun protection factor, and it tells you how much protection against the sun the particular product will give. Most other things about the many lotions available eg. smell, consistency, packaging etc, are as you say, hype. The best way to get personal and reliable advice is to talk to your local pharmacist about your skin type and where you are going on holiday and then, once you have his informed

opinion, you can decide which SPF is best for you.

THE SORE POINT

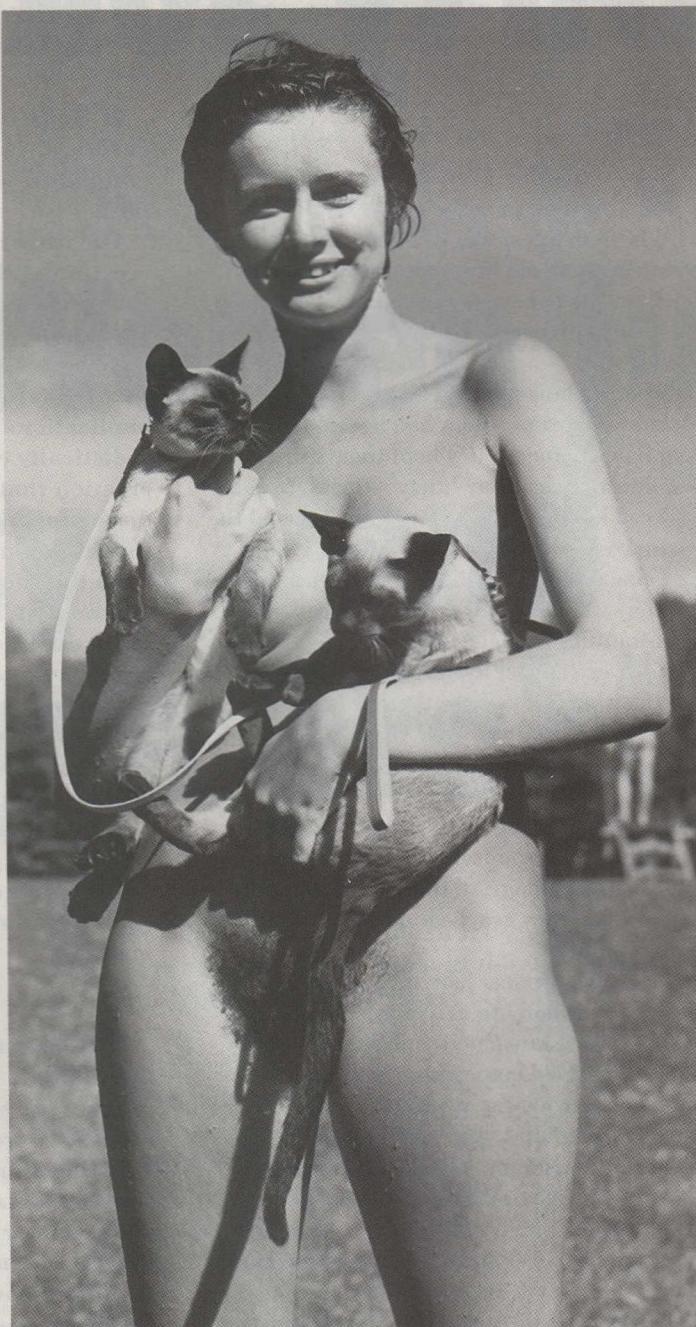
How many times should a man be able to "come" in an evening? What happens if you try too many times?

There is no maximum, and I've no idea of the average! The best answer I can give you is that you can orgasm as many times as you can. If you try too many times I gather things become quite painful - dry orgasm, as it is known is rather unpleasant for a man but does no permanent damage. It can, however leave you feeling rather bruised and sore for a few days!

DIRTY DANCING

What is the real reason for people preferring not to dance in the nude? I can tell you! It's not because they think it's too sexy or too dangerous but because they know how ridiculous they look when everything bobs up and down. I went to a dance at a nudist club and it was the funniest thing I'd seen in years.

Well, I'm sure that for our own self respect and self image we'd much rather think we were acting dangerously than foolishly! I've never understood the argument against naked dancing - it's one of the most ancient markers of human civilisation and seems to be part of the basis for most historical religions - but then I'm a fan of the solo dancer and I am sure that the waltz etc, performed nude, are both as sexy, dangerous and frequently silly looking as all the critics suggest.



Purfect pleasure with a furry friend.

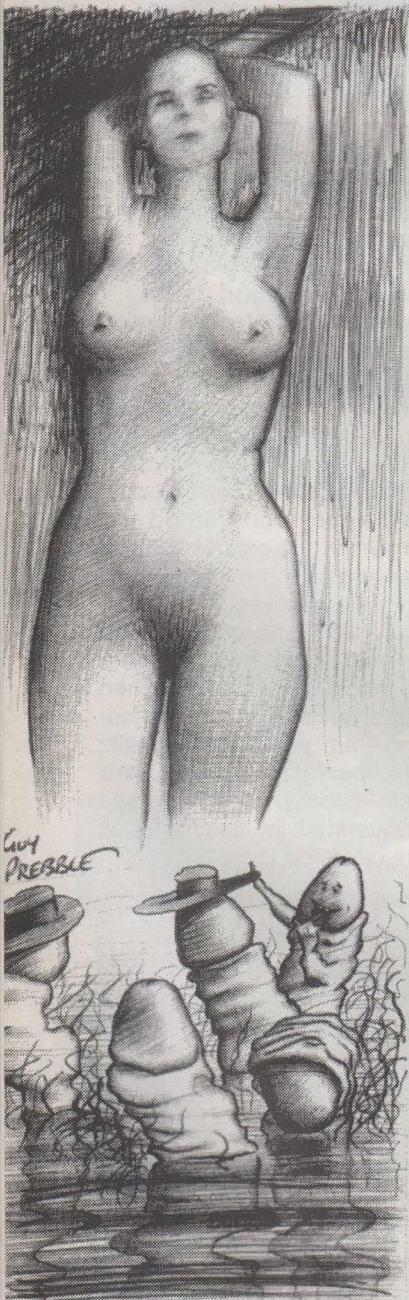
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A disgusted George Target wants to know ...

Why do some men find sexual innuendo and graphic references to women's genitals so funny?



What's so Funny About Dirty Jokes?

To this day I can still remember my first night in the army. I'd been in a Seminary School most of my seventeen-year-old life, so it was no culture shock for me to be away from home and sleep in a room with twenty or thirty others of my own age.

The other lads were all South London Cockneys, most of whom had never slept away from home before. They kept their spirits up by telling outrageously 'dirty' stories, to roars of forced laughter. Yet, though I suspected the laughter wasn't completely genuine, I hadn't got a clue about the point of the stories. Only that they were about what the lads called 'cunt-hunting' - whatever that was.

They were almost hysterical with laughter at every punch-line - and there was me, having to laugh with them from the mere contagion of laughter, desperately wanting to understand - yet baffled.

The next morning I exposed my ignorance by asking - and I honestly thought they'd never stop laughing. All that day, every time they saw me, they cracked up: 'You're bloody having us on!'

Our Drill Corporal took pity on me and did his best to explain. So at nearly eighteen, I had my first sex instruction from a twenty year old married man, whose words were crude because he was obviously more embarrassed than I was - and yet who taught me essential wisdom: 'There's nothing like a good session,' he said several times. 'So never let nobody tell you no different!'

And I have never since let anybody tell me no different.

I'll spare you the nastier 'jokes', but there are six main categories.

- Boasts about the alleged size of an erection, in which it is favourably compared with that of a stallion or bull.

The little boy sees an elephant's erection at the zoo. 'What's that, Mum?' Embarrassed mother: 'Nothing.' Father, smiling fondly: 'She's been spoiled.'

Now I know we're not supposed to take such 'jokes' seriously, but the obvious implications are grotesque and sadistically cruel. Any man with an erection that large would be in constant discomfort, crippled by the mere size and weight and unable to walk. Quite apart from the sheer physical impossibility of any woman being able to accommodate it.

Yet there is the implied male thought that the larger the erection the better it must be for the woman, and that it would be marvellous to shove up one the size of an elephant's - which would rupture everything, probably kill her.

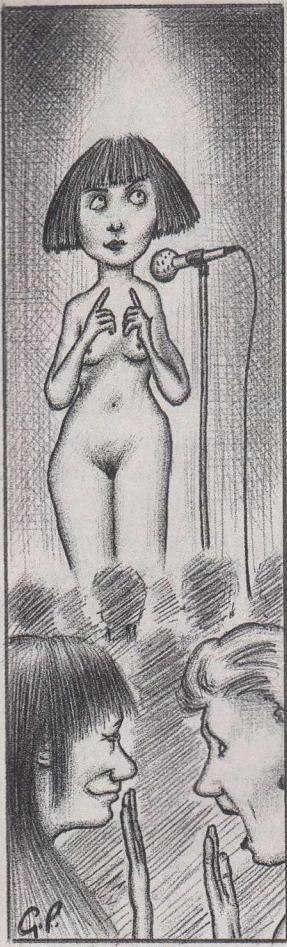
Is it nonsense?

Well, what happens at the end of a pornographic 'snuff' movie?

The woman 'snuffs it,' literally 'done' to death.

- Boasts about the alleged potency, the number of times a woman (or series of women) can be 'had' in an hour or a night or a weekend.

Nothing about the expression of love between a man and a woman, nothing about tenderness and shared delight - merely 'wham-bang', with hardly so much as a thankyou. Just having it 'done' to her should be enough to make any woman grateful.



● **Disgust at women's sexuality,** especially at the vagina, alleged to be so big and slack that you can 'park an articulated lorry an' trailer up there, an' still have room for sex'. Usually with descriptions of alleged smells, menstruation and excretion.

The oldest such 'joke' was first told by a 'Father' of the Christian Church: We are born', wrote the celibate Saint Augustine, 'between piss and shit'.

● **Claims about the alleged insatiability of women's sexual desires.** 'Would take the Second Battalion, Royal West Kents, to plug her proper!'

Which, of course, contradicts the boast that any man can take on all women. Lot of fear in this one: not being able to last long enough, or not being able to get it up at all.

● **Sneers at the alleged promiscuity of women.** 'No sooner you gone to work in the mornin' than she's leanin' over the kitchen table bein' seen to by the milkman'.

The old double standard: it's alright for the man to 'pull as many birds' as he can, but his woman remains his private property. The fear in this one is that if 'his'

woman ever gets to compare his sexual 'performance' with another man's she'll leave on the next milk-cart.

● **Prostitution seen as the natural state of women.** 'They got it, we want it, so they make you pay through the nose, don't they?'

Sexuality as a commercial transaction, the fear being that the inadequate man doubts his sexual attractiveness, and has to buy what he can't share for free. There are, of course, many other subjects for this self-doubting and fearful humour - bestiality, masturbation, homosexuality, sodomy, circumcision, contraception, sadism, sexually transmitted diseases, you name it.

Almost anything even vaguely connected with the body can be dragged into these jokes but they all share the same disgust, the same fear, the same contradiction between the laughter and the dark emotions barely beneath the surface.

In conclusion, here's one which I hope is merely funny:

Thirteen year old boy to girl's father: 'Mary and I would like to get married'. Father, indulging him: 'What will you use for money when you have children?' Boy: 'We've been very careful.'

H&E

Are Women just as Guilty ... and is it really a problem?

For a female viewpoint, Frances Moriarty to explains what makes the girls giggle and why.

The other evening, for the first time, I went to a hen night at the Social Club. I didn't quite know what to expect, so to say I was disappointed doesn't really mean very much.

The Club usually provides male strippers on these occasions, which isn't my bag a all. What have they got that I haven't seen already on any nude beach?

I'm more interested in the special man on the other end than on any indiscriminate penis being bobbed about for my supposed entertainment.

This particular evening, they had this

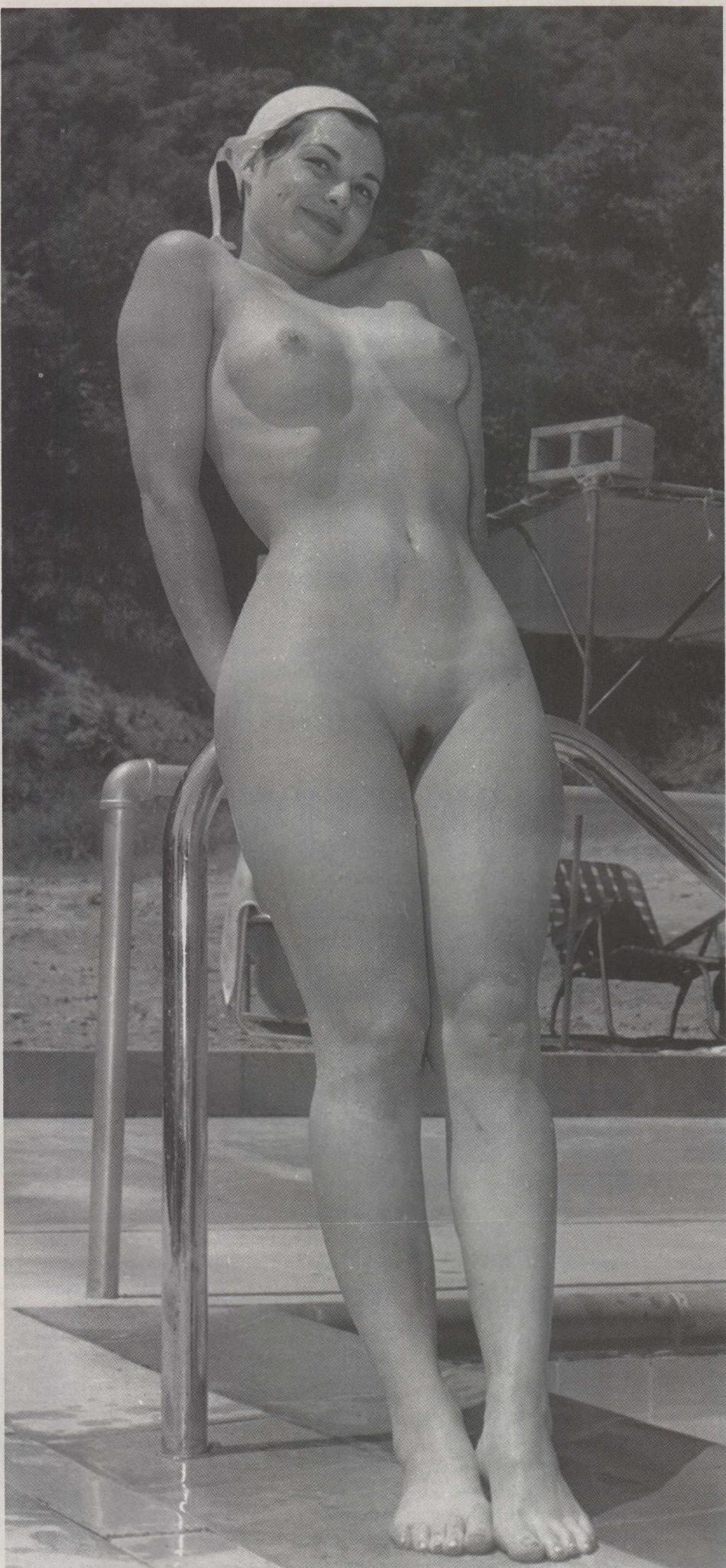
famous 'Feminist' comic. She was very clever, very professional, knew what she was doing and saying, and had the large audience in almost continuous laughter.

She worked hard, earned her money, walked off and came back five or six times to milk the rapturous applause.

I sat there with my bottle of dry cider, wondering why everybody else was laughing while I could hardly raise a smile.

She opened her act by saying that she wasn't at her best tonight because it was one of 'those' days of the month.

Well, menstruation isn't tragic news, but neither is it funny in itself. Yes, there are some funny things you can say about it -



At least you can't call me shy.

and most women can tell you about some funny incident connected with it.

But the comic merely implied that she was menstruating, and three hundred other women laughed uproariously. Probably in relief that a once 'forbidden' subject could now be referred to openly - but I genuinely failed to see what was funny.

She then went on to say that her 'Old Man' was in for a shock when he 'tried to dip his wick' later that night. More laughter, prolonged, a bit hysterical. At what? Didn't her husband know that she menstruated?

She went on to talk about what she called the 'rags' or 'red sails in the sunset', again to almost hysterical laughter. She referred to panty-liners as 'man hole covers', and vaginal deodorants as 'fly-sprays'.

Her favourite subject was the 'silly little willie', and it was definitely the one the audience responded to most loudly. I'd almost say desperately, as though they hardly knew how she dared. Which, I suppose, is some sort of comment about their relationship with men.

I definitely didn't find any of it comical. The only even faintly funny remark she made all evening was that she 'often found the knobs on the outside of the fancy condoms bigger than the knob on the inside'. Though it seems to me to be more of an inverted male joke, which implies that she's promiscuous and hasn't had much joy in her men so far.

I began to wonder is there any such thing as a Feminist sexy joke?

All I can offer is my own opinion: almost any remark that mocks the insufferable pretensions of those men who still believe that they're the dogs bollocks haven't yet heard the good news about what women have been up to these last few years.

For example: A woman to a flasher: 'Put it away, it'll catch cold'.

Or the woman watching the studs strut by on a naturist beach: 'I'm a nose woman myself'.

New, Vanessa vamps back,
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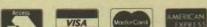
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Wet, Warm and Sexy

Ever had the impression that people proclaiming the most innocent motives for something are really talking about something else? Even something simple like taking a bath becomes complicated when Susan Mayfield starts analysing it ...

When I get depressed I take a bath. It's an enjoyable and sensuous ritual, and it takes a long time. First, heating the water. While the immersion heater in the tank hisses and fizzes, I draw the curtains in the bathroom and turn the heaters up. Fluffy towels are hung around the room, the plants are watered, and all the soaps, creams and sponges are lined up in a row against one end of the bath.

Meanwhile, the living room is prepared. The "real" fire is turned up to maximum. The candle is lit under the aromatherapy lamp, so the scent of sandalwood, or jasmine, citron or incense, perfumes the room. My creams and lotions are ready. I drape a silk bedspread over the sofa. I take off my clothes.

I pour a glass of wine and sip it as I carry it through to the bathroom with my favourite library book. I run half the bath before I get in. This warms the tub and is warm and welcoming when I step in.

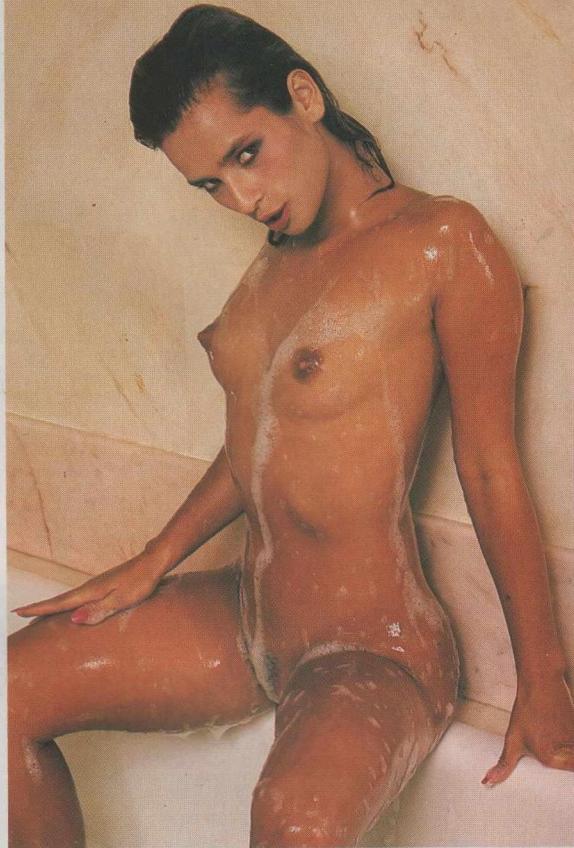
Then I run the hot tap until the bath is full and I am pink all over. I lean back - ah! Now is the time to savour my wine and idly read a page or two of an erotic novel. Gradually I start to feel human again. Relaxation drifts through me and I languorously reach for the soap.

It's slippery, smooth and sweet scented. I soap my breasts and wonder why, if washing is only concerned with cleanliness, my nipples have gone erect....

Eventually the task of cleansing the body is complete, I step into a bathrobe and rush into the living-room to get



Brightening up the Dark Ages.



Time to get soapy.

dry and warm, pouring more wine on the way. You can tell I live in a house that is only warm in one place! Now the body can be rubbed so that all dry skin sloughs off, and thick, velvet body cream smoothed on everywhere that I can reach.

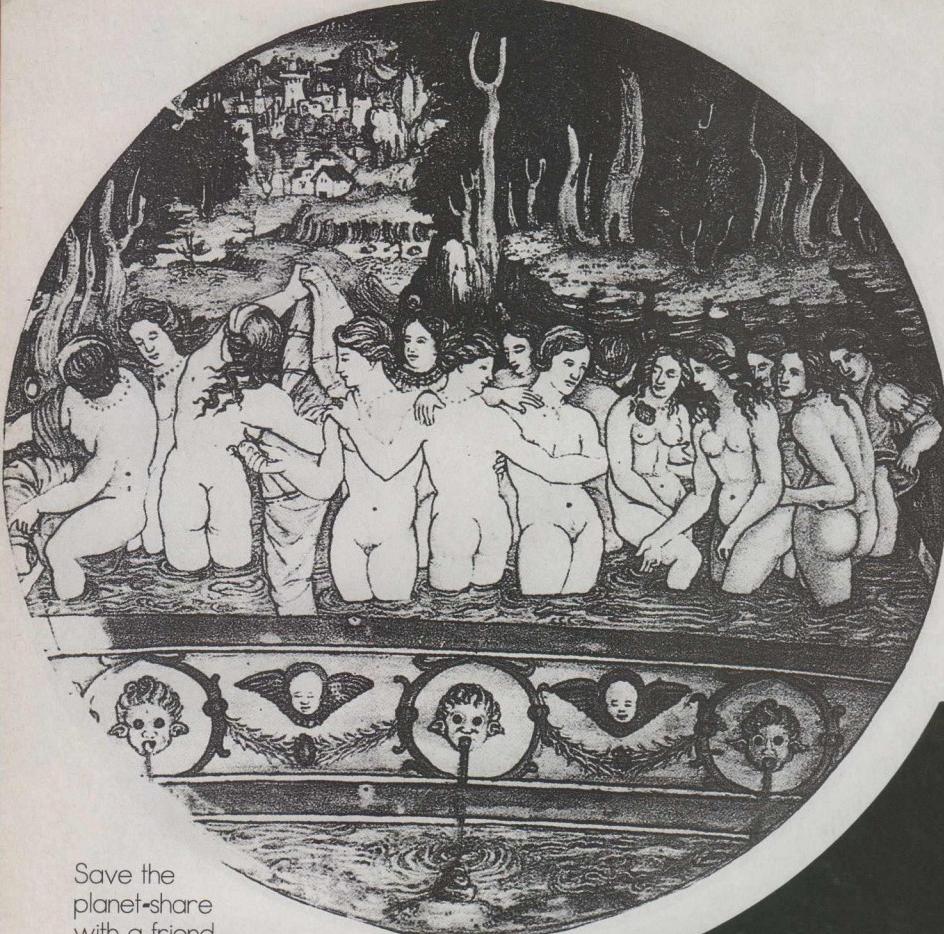
Meanwhile, the television, the video or the music centre is switched on, and naked, I can lounge on the sofa, (the silk spread stops the oil marking the sofa but also feels sensuous beneath me), admire the results of my private handiwork, and start feeling like a million dollars.

A shame you might think, to go through this ritual alone; but I'm not always alone, and it's more than twice as therapeutic when two people do it together!

Nonetheless, bathing alone is, historically, a comparatively recent invention. Modern plumbing as we know it is less than 200 years old; we are revelling in the lap of luxury to have such luxurious bathrooms in our own homes, that we can use any time, with hot water literally on tap.

One can understand why some cultures think that water has Godlike properties. (Today, in a Christian culture, we still like to baptise our babies with it to "wash away their sins").

Water is very precious, especially when it has to be carried hundreds of yards in buckets, and then heated over a wood fire, before anyone can take a bath. We First World peoples are living the lives of ultimate wealth when we take a bath. But it doesn't feel as though we are



Save the planet share with a friend.

squandering our wealth, does it?

It feels essential and therapeutic. We have a whole moral code built around cleanliness and how important it is, our intellects neatly disregarding the fact that primitive peoples who seldom bathe because water is scarce, still manage to live their lives, conduct their marriages and have their babies without contracting any of the diseases we are convinced would affect us if we didn't bath regularly.

What's the explanation of this paradox? I believe that water makes us feel safe because it reminds us of the womb.

The cosy sensations of being enclosed in an utterly safe warm harbour, of being loved, of having our skins stroked with the tenderest of warm and watery caresses oh, this is bliss! We may disguise it in intellectual arguments, but these are the reasons baths are so popular and successful.

Naturists of course, being natural sensualists, are usually well aware of all this. When you become a naturist, you share your body with your friends and often want to share your sensual life as well, without of course, taking the risk of getting sexy all the time, which demands even more commitment to intimacy. No, naturism, like bathing, is safe. It's warm and sensuous with a lot of non-demanding feedback by friends. No wonder we all love it!

When you think about it, twenty

members of a sun-club, all driving miles on a cold January night just to spend an hour in a public baths with each other seems an extreme action, yet small naturist swimming groups are springing up like ninepins, especially in the colder countries like Britain and Scandinavia.

Bathing in public is very satisfying.

Once again, modern naturists are not the only people to understand this, and historically, people nearly always used to bathe together. Two thousand years ago, in Ancient Rome, great ethical public debate about cleanliness led to bath-houses being opened for the populace. Emperors started competing to see who could open the biggest ones, resulting in hot rooms, cold rooms, tepid rooms, plunge pools,



Could you scrub my back?

games rooms, massage rooms, anointing rooms, libraries and restaurants.

At first the social implications of these places was recognised by devising rules and regulations about who could or could not bathe together, but before long young women slaves were waiting on the men and young men were scrubbing the backs of the Roman matrons.

Then pretences were dropped and the sexes bathed nude together, taking great pleasure from this. Before long "debauchery" set in, and while it wasn't actually prostitution - just the girl giving you a massage doing you a favour for the sake of your health - everybody in the world could go to the baths again convincing themselves it was only a matter of keeping clean.

Because, actually, from a health point of view bathing is not all that good for you. If you like it hot you could be risking high blood pressure and other problems (although the heat is excellent for diseases like arthritis) and if you stay in the water too long, it ends up wrinkling and aging the skin.

Human nature being what it is, however, this paradox has led to a host of health and beauty experts designing endless beautiful products that will solve these problems. ("Oh please," says our subconscious, "Do not take the pleasure of the bath away from us!")

And why not? It's wonderfully sensuous to anoint yourself in sublimely smooth and scented oils and creams or find a friend who will do it for you. It's also a marvellous excuse to persuade a friend to do it for you when you really want to introduce eroticism into the proceedings.

The truth is that human beings have a great need to "groom" each other. This brings us closer and makes us more friendly. Instead of just doing it like chimpanzees do, being human, we have to make a song and dance about cleanliness,

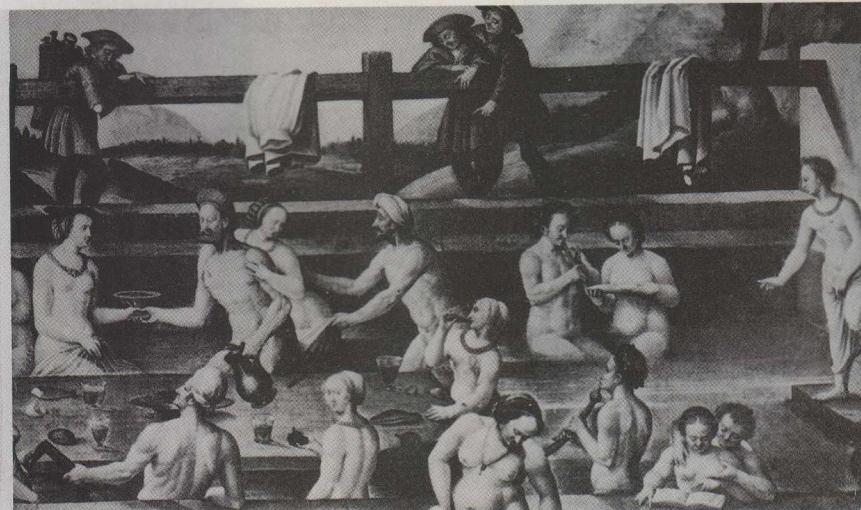


It's a simple thing but it makes you feel so good!

or health, or some other sort of thing.

In the end our biology will always triumph. In a strict and moralistic society people will make more of the health aspects of bathing than ever but they won't give up on any opportunity to liaise, naked, with members of the opposite sex.

And in an uninhibited society as in Polynesia, where both sexes bathe daily and joyfully in the sea, where the weather's always warm, and where people accept that sex is a worthwhile part of everyday life instead of repressing it - then bath-houses don't exist.



Washing can be a very sociable business

Sarah learns the hard way. The best things in life are

ON YOUR DOORSTEP

Sally was always incredibly relaxed. She couldn't be bothered with all the bitchiness everyone else got stressed over. Comparing pencil cases was not her scene. But Sarah thought she was an individual. And she'd follow every passing trend to make sure she looked completely individual as well.

I was always very careful with the clothes I wore. I'd work all weekend in the supermarket to earn some extra money, then spend it down the highstreet in my lunch hours. It's hard being a rebel at 15 if all you're earning is £10.

Sally couldn't see the point herself, but neither could she be bothered to argue it out. She was seeing a boy called Jake and they'd spend all their free time walking on the moors and bird watching.

We used to nag each other sometimes as we always thought our particular approach was



A color photograph of two women laughing and holding hands. The woman on the left is wearing a pink beanie and a pink beaded necklace, and is holding a green ball. The woman on the right is wearing a green headband and a purple beaded necklace, and is also holding a green ball. They are both smiling and appear to be having fun.

**“We've had
our ups and
downs but
we'll always be
best friends.”**

Photography by Leif Heilberg

The best life is a colourful one

We stuck together because we were from the same street and walked to school together. Sally always ended up waiting for me as I tried to make my school uniform look as fashionable as I could without completely breaking the rules.



Would you lend a hand for a friend?

right, if only the other one would realise it...

I was convinced it would never work out. How could he stay in love with a girl who wore last year's fashions?

At 18 she married Jake. He was now the local postman. It must have been the love of walking. I was mortified, her marriage forced me to face the fact that my school days were over. I was determined to live life to the full, the whole planet was out there just waiting for me to make my mark. But what was I going to do?

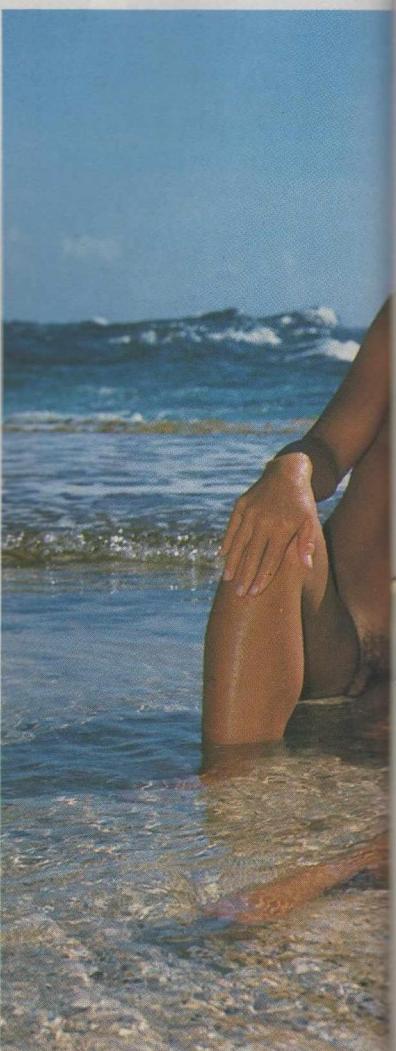
I went to college to study anthropology. If Sting could wander round rain forests why shouldn't I? When I arrived it was not how I'd imagined. The text books seemed even older than the tribes we were studying. The professors were remote, disillusioned and

bored. I left feeling inadequate after failing the end of year exams.

I went back to my home town bored and hid in bed for a couple of days until I got so bored I went to visit Sally with her sensible life.

I turned up in my trendy student gear feeling noble for brightening up her dreary life. I'd heard from mutual friends that she'd had twins in the spring and I'd seen these young couples on the soaps, I was sure I knew it all.

Sally opened the door the minute I knocked. She rushed down the steps and gave me a massive hug. Her hair was cut into a trendy bob, bit of make up, trendy clothes. I was amazed, where were the pink velour





A friendly hand will help protect your assets in the sunshine.



The best of friends enjoying the best of times.

track suits housewives wore or the unbrushed hair?

"It's great to see you" she laughed. "You hadn't changed at all. I was worried I might miss you. I left the kids at Dee's. Tuesdays I go to my yoga."

"Yoga?" I thought bemused. "Is this the same girl who was always left standing indifferent and alone when we picked the teams in games?"

She must have caught my expression and grinned enthusiastically at me as she ushered me into her bright and tidy living room.

"One of the girls down the club got me into it. It's absolutely fantastic. We take turns baby-sitting so the other one can go to the yoga classes. It is the best way to unwind, and it keeps you in wicked shape." She added with a dirty grin.

I collapsed into an armchair in disbelief "Who's Dee?" I ventured.

"Ah, there's so much we have to catch up on. Dee is from the sun club. Jake got me into it and I've been hooked ever since. We all go down every weekend and take the twins along. They just love it. There's a heated swimming pool and this wonderful lawn for them to crawl around on."

"Oh, great." I said as I nearly choked on my tea.

"It's a beautiful day," she said, gazing out of her patio windows. "Let's go to the beach."

"Where's this energy coming from?" I thought. Eating lunch was about as much energy as I'd considered expending on this visit.

But before I could think of any excuses she'd swept me along on a tide of enthusiasm and we were reversing her red mini on a remote stretch of the south coast.

As she raved on about the club, the people she'd met there and the trip to Agde they'd planned for the summer I felt ashamed of the thoughts I'd had about her previously. Who was I to judge? Besides I was beginning to get curious.

Sure I'd skinny dipped on holiday, but I'd never contemplated stripping off in England before.

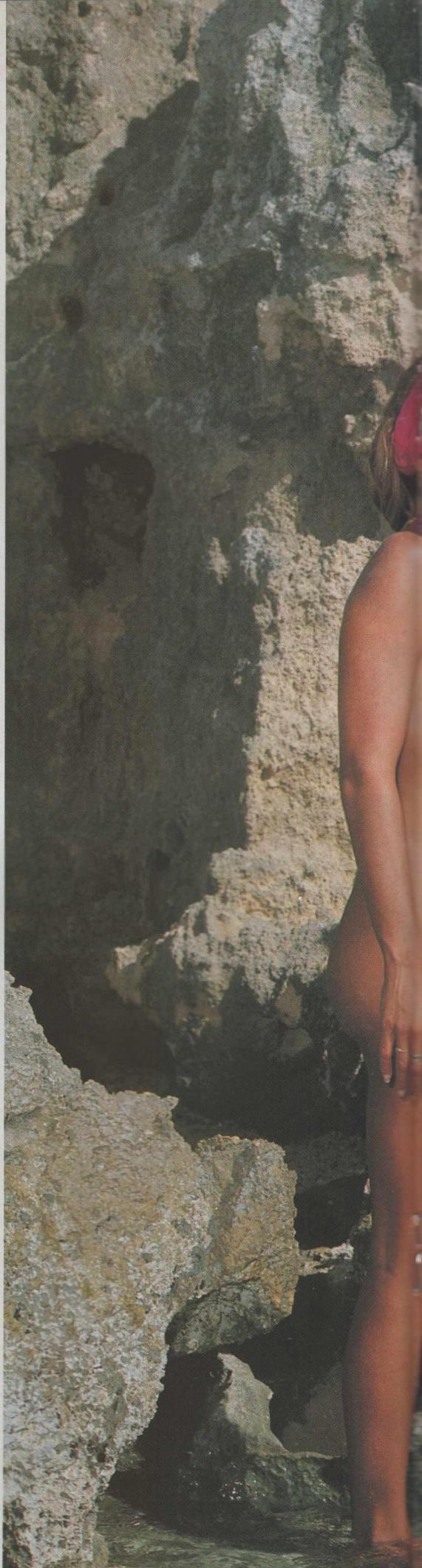
That afternoon was fantastic. We lay on the beaches and talked endlessly about people we knew and things we'd done.

I'm going with them to the club this weekend, and who knows, maybe you'll see me at Agde this summer.

H&E

**Sure I'd
skinny
dipped
on
holiday,
but I'd
never
stripped
off in
England
before.**

What's the big deal?





You'll find life so much better if you break from the crowd and do your own thing.

Nudity was illegal on Spanish beaches until recently. Throughout the 1970s and 80s on the Costas, topless bathing slowly became accepted. However this activity was almost exclusively enjoyed by female tourists from Northern Europe. Spanish women very rarely followed suit by discarding their tops.

Why? In the first place for most women a visit to the beach is not viewed as an opportunity to physically show off the body. The removal of clothing on the beach is not primarily done to sexually attract others but is simply a natural response to warm weather.

If going topless gained you points in some sort of unofficial glamour contest, the ranks of milk-white and burnt-red tourists would not stand a chance against droves of golden-tanned, topless Spaniards.

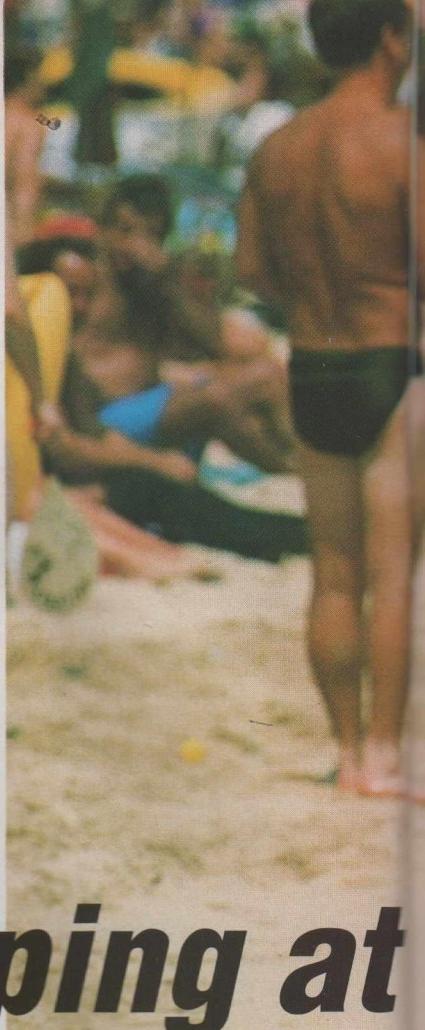
Perhaps, however, the real reason lies in Spain's Catholic tradition. The Roman

Church has not been renowned over the years for its liberalism. This tradition has included strong opposition to any display of public nudity; the root of this being traceable as far back as the covering of Adam and Eve.

In a society where the opinions and attitudes of the church are then adopted by millions of followers, this goes a long way towards explaining the objection of some, and the reluctance of others to join the north Europeans in either topless and most definitely nude sunbathing.

In its extreme form this attitude equates the public display of ones naked body with the notion of the Original Sin and 'fallen women.' More generally however, it means whilst tolerating other peoples nudity, this is something many Spanish women will not do themselves.

So far Spain seems to be running a close second to fundamentalist Iran as a nudist destination. For whilst the hotel-clogged beaches on the Costas continue to exhibit a cool Spanish response to toplessness,



David stands up for nudity.

Everybody's stripping at **COSTA**



Tourists tan on Majorca's sandy beaches.

"SIMPLY A NATURAL
RESPONSE TO
WARM WEATHER."



at the ...

DEL NUDE

**Dave Allen
doesn't have
to travel far
to visit the
now nude
beaches of
Spain - he
lives there.
Contrary to
popular belief
the Costas
offer much
more than
lager, chips
and Karaoke.
You can find
reality! Here's
his on-the-
spot report on
the stripping
situation.**

complete nudity is literally taking-off.

My nearest nudist beach has become so popular at weekends it is getting uncomfortably crowded.

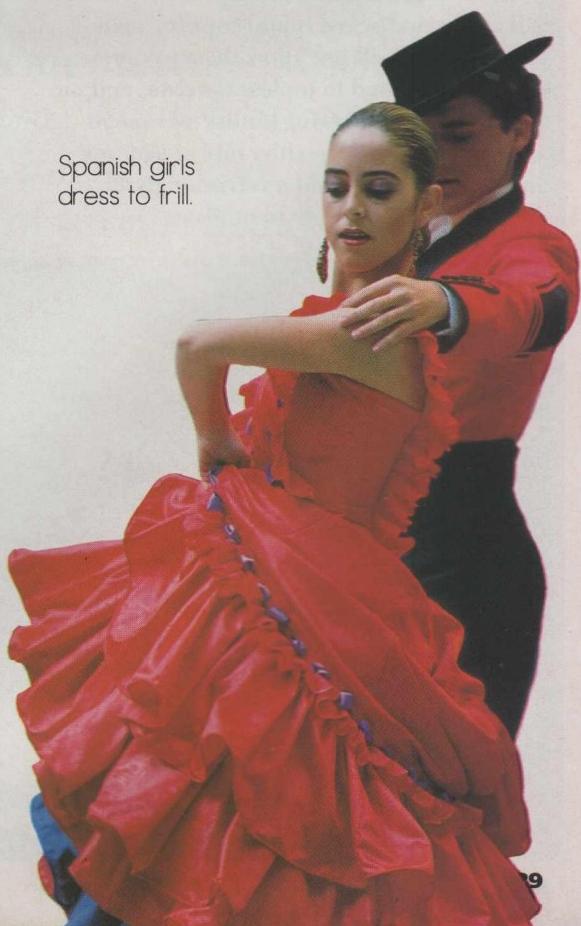
However, the increase in numbers is not due to the annual breakout of the English shoe and sock-wearing brigade over the wire from their "sun" clubs, but to local Spaniards visiting in their hundreds.

Equally interesting is that in addition to single men and families with young children, in Spain there are also many groups of women and single women of all ages enjoying nudity on their own without male companionship.

Clearly there is a contradiction here. On the one hand most Spanish women will not go topless on beaches long used to the semi-nudity of foreigners, and on the other hand there is a boom in full nudity with Spanish women making up a significant number of the new converts. How can this be explained?

The answer possibly lies in our own over generalising and stereotyping of the Spanish character. The popular conception of the

Spanish girls
dress to frill.



'typical' Spaniard is a devout paella eating Catholic not averse to a bit of Sunday afternoon blood and gore at the bull ring!

However although there are many devout Catholics, there are probably as many who might consider themselves to be but prefer to follow *Real Madrid* rather than the weekly Mass. There are also a large number of non-believers and many who positively oppose the church. There is also an animal rights movement and paella is the regional dish of Valencia, not Spain!

In political matters the country has frequently suffered from a lack of consensus leading to the polarisation of opinions. This culminated in the Civil War that has been interpreted as a fight between Revolutionary Left forces and the Fascist Right.

On a more day to day level, a visit to a crowded Spanish bar or even restaurant will convince you of the sharp differences of opinion held on all matters from the state of the economy to the state of the salad dressing.

The Spanish have definite views on everything, and there is no room for comments like "well I can see both points of view". Meek middle-of-the-roaders get drowned out in the sea of noise!

Now where does this leave us in answer to the question 'Why is nudism booming?' Quite simply there are two distinct sides to everything in Spain, with most people either in total favour of, or alternatively totally against something. This includes attitudes to nudism.

On one side of the coin there are those who will not even discard bikini-tops (or male partners who will not allow them to) on beaches long used to topless tourists, and on the other side a growing nudist movement with a wonderfully healthy mix of age, sex and marital-status and a refreshingly uncomplicated attitude to nudism.



A macho society prefers ceremony to simple nudity.



For every one Spaniard who shudders at the thought of, and possibly even denies the existence of any nudist beaches, there will be another willing to point you in the right direction.

The question as to why nudism in Spain is only now taking-off has an equally straightforward explanation. Up until the death of General Franco, the millions of his opponents had learnt the best way to survive under the dictatorship was to keep quiet and outwardly conform.

Under Franco's iron rule Spain appeared a strictly disciplined, catholic, and patriotic country. The opposition largely kept quiet for good reason!

It is only now after the dark memories of Francoism are fading and people have faith in the ability of democracy to survive, that liberal minded people are saying and doing what they want to, including sunbathing naked.

So how do you find the nudist beaches? Firstly before you book your holiday consult one of the various European Naturist guidebooks advertised in H&E. There you will find details of the various official and unofficial beaches. Then simply book a hotel nearby.

Alternatively you could book into a nudist resort with one of the specialist operators again advertised in H&E. The drawback here is that you will be mainly in the company of other North European visitors and not experiencing the new Spanish nudism.

If you are a member of a National Naturist Organisation they will provide you with further information. Finally once in Spain you can always ask the local tour representative, the hotel receptionist or the tourist office for the nearest 'Playa Nudista'.

If you get a negative response from one person, try asking someone else! You will probably find him or her at the beach the next weekend! El viva nudista!

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Or how about why and how you first stripped-off - what was it like? Keep it light'n'lively and send us some pictures of yourselves too.



SNAP THE JACKPOT

Your Top Hotshots

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See yourself and your loved ones immortalised in glossy technicolour. We're after the natural look so you don't have to look like a glamour model or a Schwarzenegger - we're interested in everyone from 18-80, all shapes and sizes.

Prints or slides (marked with your name and address) are fine. Make them lively, fun, sensuous - even sexy. Try and create something out of the ordinary and add a witty caption. We'll give you a crisp £50 note for the best and pay for every other shot we print. So get snapping NOW!

Send all entries to: H&E, Peenhill Publishers Ltd., 1st Floor, 64 Great Eastern Street, London EC2A 3QR. All entries must be received by 31.1.95.



A CIRCUMSPECT MYSTERY!

With the nights beginning to draw in, Boris has been busy sharpening his impressive collection of mediaeval gouging knives in readiness for the dark nights of disembowelling he so looks forward to.

The fetid one was spurred into a flurry of activity in response to a report in the *East London Advertiser* about rumours of an epidemic of gory and unsuccessful circumcisions sweeping through the East End. If there's one thing he hates more than competition, it's amateur opportunists defiling the fine art of blood-letting.

The fears spread after a source at the Royal London Hospital, in Whitechapel, claimed that they had treated six boys after circumcision operations "went wrong" - an allegation hotly disputed by other doctors.

The claims were sparked after father-of-four Abdul Khalik brought one of his sons in for treatment after a circumcision operation.

He had paid a private doctor £100 plus a £10 tip (!) to have two sons circumcised at home.

The 10 minute operation to remove the foreskin is carried out after two injections and is normally straightforward and painless.

In this case however, the penis of one of the boys started bleeding only hours afterwards. Ambulancemen who rushed him to hospital added that the wound continued to bleed through the bandaging they had applied.

The boy has since recovered but Mr Khalik has vowed to use another doctor when the time comes to have his other sons circumcised: "They will have to have it done," he said, "otherwise they would not be proper Muslims."

HUNG, DRAWN and

STRIP OFF AND SIGN OFF...

Social security officials who told a disabled mum to find work as a nude model have apologised after receiving numerous complaints.

Former bank clerk Carole Eshelby, 46, had to give up her job after she was crippled by repetitive strain injury - the affliction that officially does not exist (we're all malingeringers, aren't we) according to a certain judge.

Now the Benefit Agency have admitted that their Leicestershire office blundered—and will probably be asking the woman next week whether she has ever considered a career as a lion tamer

DOING IT DONKEY FASHION

If you think the people of North Carolina are outrageous, it's lucky you don't live in Okavanga, in Botswana, where they really know how to party, as this report from the *Okavanga Observer* reveals...

"....Let's face it, Your Honours, it's not every day you catch a naked man in

No Puss In Boots

A female artist who produced a set of pictures of naked women for an exhibition took them to her local branch of Boots the chemist, who refused to develop them because the manager thought they were too rude.

The pictures featured large, mis-shapen figures, some of which had been decorated to look like they'd been 'marked up' by a surgeon prior to having cosmetic surgery.

She claimed that other women liked her "distorted" depictions of the naked female form because they "showed women's bodies as they really are."

I don't think I've seen many large, distorted and marked-up women on the beach this year but if she says that's how they are I suppose that's how they are. Not my taste at all.

Neither were they to the manager's taste. We've heard stories about Boots' strict and rigidly enforced policy on developing prints before but in this instance, it seems more personal...



Are these women too rude for Boots?



Where Boris Hatchet, the Paddington Poisoner, invites the unwary to an orgiastic Oktoberfest of unearthly delights.

QUOTED

flagrante delicto with a female donkey while doing your rounds," a nightwatchman from Ghanzi told magistrates.

"Just after midnight, I heard what sounded like the intermittent screeching of brakes and a few of us went to investigate. I shone my torch and saw the accused standing behind the donkey, balancing himself on the curve of its legs. We all expected him to be ashamed and stop, but knowing he had an audience only seemed to spur him on.

When I asked him why he wanted a donkey when there were so many women around, he just shouted out that the women were all refusing him, the donkey didn't mind, and anyway, it was his donkey and we were just jealous. Then he carried on, unabashed."

Edward Genge of the Botswana Police Force later told the court that he had been asked to investigate the matter. "When I got to the scene of the crime, I found the donkey lying down. We tried to rouse her but she was exhausted and refused to get up," he said.

Sadly, the cutting omits to convey the sentence imposed on the miscreant nor

whether the donkey recovered sufficiently from his ordeal. Knowing the capriciousness of South African justice, I would imagine the man got a conditional discharge and the animal simply retained the discharge she'd already received.

NAKED DAVE'S BIG WHOPPER

From equine gymnastics to aquatic antics and this fisherman's tale from the *Sun*.

Angler Dave Bilton had a 60 minute tug of war with his biggest ever catch - in the nude.

Dave leapt out of his sleeping bag and flew out of his Transit van, parked up near the river Trent in South Muskham, Notts, when a touch-sensitive beeper attached to his line sounded at 2am.

He said: "I didn't have time to get dressed. The fish took 100 yards of line down to the bridge and shot out of the water. I knew it was a coker."

He finally hauled the 27lb 8oz carp from the water after a gargantuan struggle and added: "By, that time I was blue with cold and covered with goose-pimples."

You've got to admire the man's dedication, I suppose, but what a way to get your rocks off. Couldn't he just buy one and lie about the catch like the rest of us?

STRETCHED NAKED OVER A CAR BONNET, SHOCK HORROR

A girl caused a three mile traffic jam by posing for nude pictures by the roadside.

Motorists blocked three lanes of the highway in Greensboro, North Carolina, to stare at Nellie Appleby stretched naked across a car bonnet.

Nellie, 19, and Eliesha Grant, 21 - both photography students - were arrested by a policeman who saw them as he drove past.

Sgt. Ramon Bell told reporters: "My wife said, 'Good Lord, that girl has no clothes on'. I said: 'I noticed that, honey.'"

What a wild bunch they are over in North Carolina....



HASTY BURIALS

UNSEXY STATS

According to the recently-published American National Survey of Families and Households, one out of every six marriages in the US is sexually inactive. They're probably too tired after spending all day answering so many daft questions....

WHAT A RELIEF

Desperate Franco Giacomo, 36, dashed behind a public toilet in Catania, Sicily to relieve himself after finding its front door locked and fell into an open sewer and drowned.

WATT A TURN-ON

French doctors kept patients under light bulbs ten-times the usual brightness and found the treatment made women feel far sexier than men.

GOT THE HUMP

Grumpy judges sent a romeo to prison for 12 months after he admitted making love to a woman as they rode on a camel on a Moroccan beach.

HANKY PANSKI

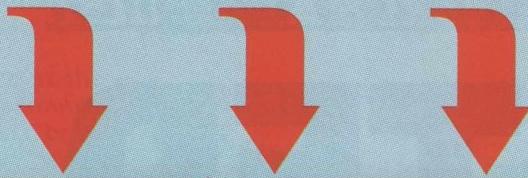
An agency in Samara, Russia, is hiring out virile young men to women who want to get pregnant - at £300 a time.



Outrageous behaviour?

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The Gallery

Naturists can be anybody, from the girl next door to your boss. The stars within the pages of H&E and on our videos are exactly those kind of people. This is why we thought it would be a wonderful idea for them to let us have some photographs of themselves, practising naturism as they want to how they want to. Luckily they agreed, which means that H&E is proud to present two picture pack collections to date, the first featuring Vanessa, Diana, Petra,

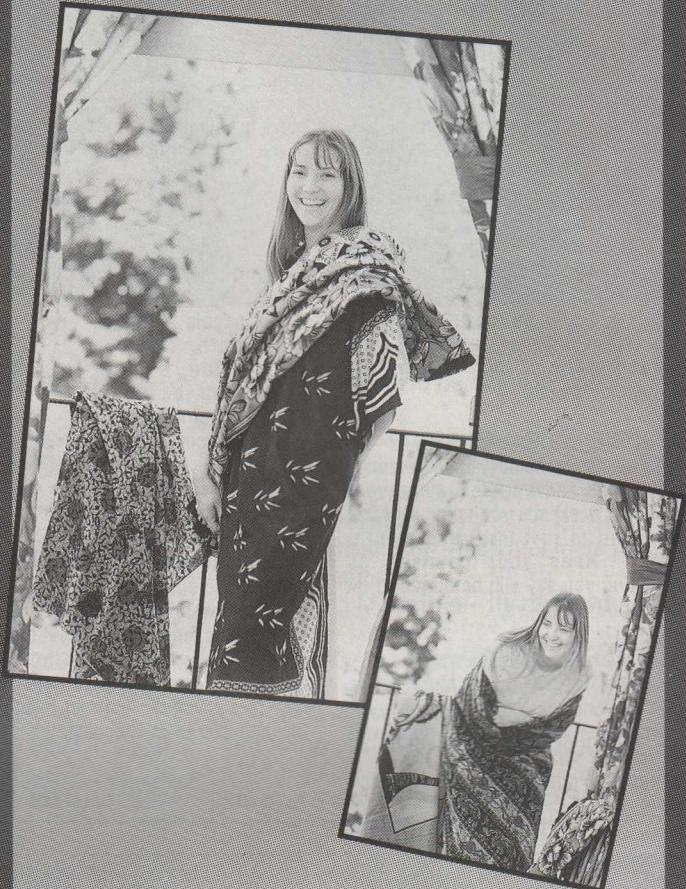
Mike, Ian and Marianne, with signed photographs from the first three. The second includes the snaps from Bareboat Odyssey and Treasured Island as well as pictures of English roses in the Country Set and dusky beauties in the Ebony Set.

The first collection is just £10 incl. and the second collection comes at the great price of £11 incl.

(Both are presented in quality gold embossed wallets, 7" x 5")



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ON THE HORIZON

Aries (20 March - 20 April)

If you're in the northern hemisphere, summer's definitely over for you. But the Full Moon in your sign on the 19th may give you impetus to make the most of winter. Put those ideas you had in the heat (the ones which others called 'crazy') into practice. They'll admire you for it eventually.

Taurus (21 April - 21 May)

You've been attracting quite a few 'larger than life' characters in your life recently. What fun they can be (as long as you don't try to put them on a diet). Don't be surprised if you become even more attached than usual to one of them around the middle of the month.

Gemini (22 May - 21 June)

You're not normally secretive, and if they don't know at work about your naturist weekends you could well feel tempted to reveal all this month. Don't! Keep your counsel, as anything you say will be bound to be taken the wrong way.

Cancer (22 June - 22 July)

Peace at last for you, as Mars moves out of your own sign. So if it's your loved ones you've been at odds with you may now be able to make amends. Plan to take your frazzled

Your stars for October by Estella Lawrence

family away for a naturist break if possible, or at least, organise a cosy evening in with a bottle, a take away pizza and some home videos or holiday snaps.

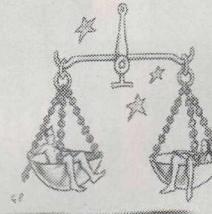
Leo (23 July - 23 August)

You are occasionally guilty of loving the good life too much, but your energy and stamina will knock people sideways this month. You may need it too, so there could well be some dramatic changes on the home front.

Virgo (24 August - 23 September)

Your brain will be particularly active this month and you may find that you'll want to brush up on those languages. Forget boring school classes. Get into a group of fun grown-ups and start learning how to ask for the naturist beach in the language of your choice.

Libra (24 September - 23 October)



Happy Birthday Libra

Your natural diplomacy could come to the fore this month as you find yourself mediating between others. It might be time to start deciding what you actually believe, and if it upsets others, it's too bad. Life's not a dress rehearsal.

Scorpio (24 October - 22 November)

A lot of planetary activity in your sign is going to bring an eventful month. Not only that, it should be lucky too, or at least give you an overall feeling of optimism and jubilance as Venus and Jupiter skip together touching your life where you need it most.

Sagittarius (23 November - 21 December)

It's not easy for such an active sign as yours to feel those hidden strings tugging you backwards. You must have been wondering what's going

that's preventing you from getting a grip. Yet having taken all that into account, you must accept that things will work out well in mysterious ways - in the end.

Capricorn (22 December - 20 January)

When others are just enjoying a splash and a dip, you could find yourself getting into some intense discussions with friends. This will feel pretty uncomfortable at times, but a life-changing episode will come out of it. Just keep a steady footing.

Aquarius (21 January - 18 February)

You'll be wondering why it's always others that pick a fight with you. But before you play the martyr, remember that sometimes the only way people can communicate is with anger. Don't rise to the bait, but don't ignore them either. They could be saying something you need to know.

Pisces (19 February - 19 March)

You don't necessarily like dealing with money other than to spend it. But you might be forced to sign contracts and become involved with more serious spending, so it's a good idea to read the small print before you sign your life away.

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See page 73 for the Meeting Place

The perfect suit for every day is your ... Birthday Suit



"My mate Roger has just spent £250 on a leather jacket; he thought he had a bargain because it was reduced in the sales. I think they saw him coming. I've got a much better bargain - a beautifully tailored suit in the finest leather you could possibly get - and it cost me nothing!" James Lewis praises the suit we were all born with.

H

uman skin is a most amazing organ. It does a lot more than keep the wet out and our insides in.

Our skin provides an effective barrier against harmful bacteria, serves as a sophisticated alarm system and is thermostatically controlled. It provides some protection from sun burn, disposes of excess salts and fluids and absorbs ultraviolet light from the sun which the body turns into Vitamin D.

Birthday suits come in a wide range of colours, from Albino White, through various shades of Caucasian Pink and a whole range of Swarthy Bronzes to a rich Ebony Negro Black.

On this particular issue of colour choice our creator was very wise. He did not give us a choice, we had to take the colour we were born with.

This is really very sensible. We spend enough time choosing the clothes we hate wearing anyway. How much time would we take deliberating over a skin colour we would have to wear for life?

Our birthday suits have an in built repair system that is so good they sometimes outlast their owners. For example in the more exotic parts of the world tattoo artists will proudly display the pelts of deceased customers on whom they have performed their finest work.

Our skin makes millions of new cells every day; these are gradually pushed to the surface to replace those that have died and dropped off. This built in maintenance service provides the owner with a brand new birthday suit every 27 days.

As we grow, our birthday suit grows with us, and, since it is highly elastic we can always be assured of a good fit, it might sag





**"Hand on your heart -
would I look better
with clothes on?"**

a bit in our latter years.

Another feature of this inclusive lifelong warranty is an amazing emergency repair and invisible mending system.

Skin cells will rapidly divide, one cell becoming two, one of which moves in to replace a damaged cell. If human skin is cut right through blood clots over the wound to form an airtight seal against infection while underneath the repair system goes to work.

Even the most horrific damage can be repaired with the help of nature and a skilled plastic surgeon. When a large area of skin is completely destroyed it can be replaced, with skin grafted from another part of the body.

If this is not enough donor skin can be minced and placed into a culture solution where it quickly grows into a sheet of new skin. Artificial skin, for grafting, in cases of severe burns and similar injuries, can be

"A barmaid had 'mild' tattooed on one breast and 'bitter' on the other"

made from a variety of unlikely materials including shark cartilage!

That much sought after summer tan is simply part of a natural guard against damage. It is produced by a substance called melanin - a pigment in our skin which absorbs ultra violet light which can cause painful burns.

In our natural habitat our skins would, as the sun grows stronger, produce more melanin, which in turn produces the darker colouring we call a tan.

If we subject our skin to too much strong sun too suddenly, that is without giving it a chance to build up the melanin, we burn.

It is a matter of evolution and genetics. People from hot climates have inherited skins which down the centuries, have become capable of producing so much melanin their skin is black.

Albinos produce no melanin at all. This phenomenon occurs perhaps once in 20,000 births and can occur in all races. Albinos have disconcerting pink eyes and pure white hair - caused by the absence of any pigmentation at all which causes the colour of the blood in vessels in the eyes to show through.

When our skin produces melanin unevenly it goes brown in patches with fair skin in between - we get freckles. The more sun we get, the darker the freckles become. Those annoying people who turn a glowing golden brown at the merest hint of sunshine are really just one big all over freckle.





The best colour to wear is suntan.

Very often this alarm system, together with our reflexes, will enable us to withdraw from a situation before any real damage is done.

When we are too warm pores open and bring the cooling system into operation. Perspiration is released and it's evaporation causes our temperature to drop. The domestic refrigerator works on the same principle.

When we are too cold tiny muscles all over our body surface tighten up to produce goose pimples, where tiny hairs all over our bodies stand erect, trapping air close to the skin surface which is then warmed by our body heat and helps insulate us.

Since the beginning of time we have embellished our skins in various ways for all sorts of reasons.

Primitive men painted their faces to make themselves look fearsome and frighten away enemies, to show rank, or to appease their gods.

Eye make-up is said to have started as a protection from the sun in ancient Egypt, but as early as 1000BC it had become purely cosmetic.

Elizabeth the First powdered her face

Our birthday suits have an in built repair system that is so good they sometimes outlast their owners. For example in the more exotic parts of the world tattoo artists will proudly display the pelts of deceased customers on whom they have performed their finest work.

with ground alabaster and the ladies of her court followed suit.

Ritual scarring has been used by several tribes in Africa and the Pacific Islands as a decoration. It is not so very long ago that duelling scars were considered the mark of heroism and virility amongst the young bucks of fashionable European society.

An English barmaid once tried to sue a tattoo artist. In order to raise money for charity she had let herself get sponsored to have the word "Mild" tattooed on one breast and "Bitter" tattooed on the other under the misapprehension they could be removed.

Above all, on a nice warm day, your birthday suit is the most comfortable suit you can wear. Enjoy it.

Info for first timers, phone 0891 112534
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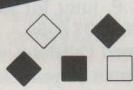
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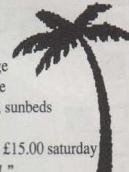
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Nude at Skin Beach

This was our second visit to Crete. Our first six years ago, had not been an entirely happy experience. We had chosen a package holiday to Ammoudara, near to Agios Nikolaos, in the confident expectation that we would find naturist beaches.

The reality was disappointing. Many of the beaches in this part of the island are poor and, in furtherance of our quest, we ended up hiring a car for practically the whole of our stay.

It was only on the next to last day of our holiday, when we had worked our way right around to Matala on the south coast, that we began to get some inkling of how idyllic Crete can be.

We came across a full-page advertisement in H&E with the eye-catching headline 'Naked in Crete'.

Sunseekers were offering a hotel on the south coast of Crete, which had both a sandy naturist beach and a naturist swimming pool. It seemed too good to be true, especially as the prices were very reasonable for a naturist location. Within days we had booked our holiday.

The Skinaria Beach Hotel is in a magnificent setting, three kilometres from the nearest village, overlooking the deep-blue of the Libyan Sea with a magnificent backdrop of

Peter Oates fell in love with Crete but wished there were more opportunities to strip off. Happily he soon found a company specialising in holidays that allowed just that ...

mountains. The bedrooms are simply rather than luxuriously furnished with a shower and W.C. and either a terrace or a balcony.

The large swimming pool is excellent and here you can swim naked or use the sunloungers for nude sunning. There is also a pool bar for cool drinks and simple foods.

The atmosphere is wonderfully relaxed and people sunbathe nude on their terraces or balconies as well as around the pool and there is no need to get dressed to walk between the two.

The hotel has a nice bar and reception area and breakfast is taken in the bar. In the evening, we ate at the taverna which overlooks the beach, an easy 10 minute walk away.

The beach itself is naturist with clean sand and crystal-clear water and you can hire sunloungers and beach umbrellas from the taverna. Most of the people were naked when we were there and for the rest of the holiday we renamed it 'Skin Beach'.

There was a wide variety of pre-bookable excursions on offer – we particularly enjoyed the one to the ancient Minoan palace of Knossos (home of the legendary King Minos and the minotaur) and to the Samaria Gorge (the longest natural Gorge in Europe with some really magnificent views – but do take a good pair of walking shoes!).

We hired a car for two days and were able to explore the magnificent Kourtaliotis Gorge (with its spectacular beach and palm and oleander grove), the Preveli Monastery, the Venetian town of Rethymnon as well as some lovely mountain villages.

The resort's reps were helpful and friendly. They organised yoga, massage, an accompanied walk to the nearby beach of Amoudi and Damnoni as well as hosting a poolside welcome party and a great farewell party on the final night.

This holiday provided good value for money in a peaceful and beautiful setting. The relaxed club atmosphere made it an ideal place for making new friends and the naturist swimming pool facility was excellent. We can't wait for next year to once again experience the freedom and friendliness of this beautiful place. **H&E**





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NATURISTS SHOULD NOT CHOOSE

There has been a certain amount of comment in recent articles on the subject of 'Clothes Optional' clubs and resorts. The party line seems to be that people should be free to dress as they wish and that no compulsion should be applied. The report on the 'clothes police' of Cap d'Agde seemed to me to be particularly derogatory.

I feel justified in advancing the alternative point of view.

When one visits a naturist centre that is what one expects to find - a naturist centre. Not somewhere with 90% of the visitors fully clothed.

In my experience the naturist resorts are of a generally higher standard than clothed ones with friendlier people.

The overall ambience and atmosphere is superior and is considerably enhanced by everybody being similarly undressed. By advertising a resort as being 'Clothes

Optional' it seems that one can attract a large number of patrons who have no intention of undressing.

It was noticeable in Mary Stephenson's article on Corsicana that she was perturbed at being criticised for not being dressed. Last year during a fortnight at La Jenny, my wife and I had a day visit to Montalivet. It was a lovely sunny day and within the centre we were the only two people who were naked.

On the beach everybody seemed to arrive fully dressed, undress on the sands and re-dress themselves before leaving the beach. I believe that within a couple of years Montalivet will become a textile resort with access to a naturist beach. Is this what we want?

With reference to Cap d'Agde, we last went there in 1984 and since then have advised others against it on the grounds that there were far too many sightseers who appeared to have come in for a walk.

NORTHERN EXPOSURE

Your readers who complain about male circumcision have probably never had the pleasure of being circumcised or living with someone who was. As a male who has recently had the procedure done, I can absolutely say that it is the only way to go. Considering the aesthetic to health reasons, a neatly trimmed member is a bonus to all. In Canada, we still prefer this simple, and non-threatening procedure. This is the 20th century...

R.Y. CANADA

round. Things seem to have got worse.

I hope that my remarks are not misconstrued as a wish to enforce my beliefs on others, but please do not let us lose the few hard-won freedoms which we do have.

MEN FRIENDS

I have always enjoyed being close to a woman, I feel safe in their arms. As a man who is now on his own, I find the isolation I experience not a comfortable one but what is more of concern to me, is that I find I have no real male friends.

Many women enjoy a platonic, intimate friendship with another woman, they have girlfriends, someone with whom they can share their deepest secrets, someone to provide a shoulder to cry on.

A woman can freely embrace and kiss another but what can men do, shake hands and give a friendly nod?

Men are now finding themselves isolated from the dominant position with which they were once so secure and in this isolation there is an emotional vacuum. The majority of men, are not able or willing to demonstrate closeness to another man, lest they are thought of as gay.

It is not the accepted thing, instead they argue over the state of the country or compare notes on mechanical things; putting the world to rights but never themselves.

Not only are men so often distrusted by their own kind, always suspicious of motive and intent but are increasingly becoming distrusted by women and even children. With so much male violence perpetrated against women, it is hardly surprising.

How many men would sunbathe naked with another man, just the two of them in some out of the way place, being able to trust and feel secure? How many men would tell another the deep pain he is feeling, his perceived inadequacies and what is more, how many men would offer a reassuring hand of love as his friend cries openly before him?

G. W. CHESHIRE.



"Now you can't have a simple game of beach cricket without attracting a streaker."



WHO DARES TO BARE WITH ME?

Peter Checksfield, seen here in all his naked glory, is interested in doing some modelling for H&E. We think he looks great and will be showing you more of him next year. If any ladies in the Kent, Sussex, Surrey or London areas would like to model with him, we'd be delighted. Write to us marking your envelope SLIH and we'll be in touch. Ciao.





Perfect spot for some natural photography.

The BARE

Before you start streaking down the High Street, I'm not suggesting you strip and wait to be arrested. But most of us have a fairly rural area not too far away. You just need some commonsense - and a map might help.

Joanne and I take advantage of every piece of weekend sunshine to visit countryside areas all around Bedfordshire.

We have never been disturbed, and if we've been spotted we don't know about it.

You may find this hard to believe, but just imagine if you were out walking some distance from civilisation and you happened upon a naked person or couple. How would you react? I reckon you'd give them a second glance and continue on your way.

If you use your head and move away from footpaths, and through woodland undergrowth before you undress, you reduce the chance of that happening even further.

Why don't you give it a go? If you come to Bedfordshire, in the unlikely chance that you bump into us, we promise not to tell. **H&E**

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and the BRAVE

If you haven't got the courage to join a club or go to an organised swim, and the beach is too far away, Nigel and Joanne say the answer is on your own doorstep. Just step outside and take off your clothes!



If you go down to the woods today ...



Getting leggy in the country.

Lost and Found on Fairlight Beach

Sitting in a pub this summer with a friend, the conversation weaved its way to the subject of naturism. Particularly to a certain naturist beach reputed to exist at Fairlight, near Hastings.

It would be the perfect time, in this glorious weather to go and find out some truth about the naturist world. Strangely enough, it was one of my 'old' friends who had stumbled across the beach while walking with his girlfriend a few months before. He seemed quite bemused by the place and reckoned it was just a pick-up point for gay men, as there had been no females on the scene.

There are so many questions that instantly run

A pick-up point for gays? The local ogle-spot? The afternoon is full of surprises when Guy Prebble abandons the sensual attractions of his golden girl for Fairlight naturist beach.

around your head when the subject of naturism crops up. It's mainly about the distinction between the sexual and the non-sexual. I mean, let's face it, sex is in everyone, as is happiness, sadness, respect, humour. It's just that society makes it a dirty word.

Dirty because it's covered up and twisted around by a dialogue that ranges from the pornographical over boiled to the scientifically frigid, all spiced up with religious and moral censorship to leave us confused.

Well, it's not about sex. It's about people. And I'm

glad we went down to Fairlight on that hot and sunny day, because I did find the truth there.

As we walked down the long, winding path towards the beach, through woods, down steps, it felt frightening, exciting. It had started. The opening of a new door. New understanding. Someone walked past us as we descended the final steps towards the beach. No, he didn't beg us wildly for sex. He said, "Hi", and walked past. And this was the preface to the beach.

Sure enough here were a number of unrobed people

of both sexes. People, not just bodies. When people were acting as they normally do, minus their clothes, it was actually more wholesome for the fact that they weren't hiding behind a fabricated disguise.

These were people with lives and intelligence who enjoyed being open to the air under that big blue sky. Talking, laughing, swimming in the sea. It wasn't the all encompassing dirt, perversion, 'sex' scene that we fear, or dare, or hope it to be. That gets thrown away with your clothes.

We all want to know the truth. Rather than taking it second hand, I prefer to find out the truth about this world for myself, as I did at Fairlight.

“H

i!” The door opened to

expose a tall, languid chap wearing minuscule silk shorts and a tee-shirt proclaiming: “hang-gliders do it in the air” - he was well hung alright, as the shorts clearly confirmed, glider or no glider.

Matthew had invited us round to see his prize possession - his waterbed.

I can't guarantee that every such item comes complete with a Matthew, but it is comfortable beyond belief, it soothes away the stresses of the day if we are tired, and if we are not, it silently invites us to open the Kama Sutra at page...

A third of all Scandinavians have slept on waterbeds for years. Millions of people, worldwide sleep on them.

So why are they still largely classified in the “nudge-nudge-wink-

MAKE NAKED LOVE IN A SPACESHIP

wink” category in this country? Yes, they can and do enhance one's love life; there is something particularly sensual about the “floating on air” feeling of a water-filled mattress - like making love weightless in a space ship.

No more will you wake up thinking that someone has amputated one of your limbs in the night. Joints do not “go to sleep” or get cramp as in a conventional bed.

Waterbeds have, in fact, been used for severe burns victims, and in nursing homes to minimise bedsores. Allergy sufferers to whom dust mites make sleeping in an ordinary bed absolute misery, can transform their lives with a waterbed; nothing to cause allergy-activation, ergo snuffle-free sex and sneeze-free slumber.

I recently heard of a very high class “madame” who supervises several “hostesses” - the girls with waterbeds are always more in demand than those with the interior sprung variety!

Still feeling that there must be a



A hedonist's heaven.

PAUL ROBINSON extols the hedonistic pleasures of sleeping on water.

good reason why so few English people had such a piece of furniture, I asked a resident of Denmark why our nation was so far behind in their enjoyment of these beds.

“In the majority, English people have no ‘bed-culture’” he explained. “Some of the more adventurous, younger element, have recently started to extol the virtues of the Futon to us, Futons are for the sado-masochists; waterbeds are for the hedonists.”

What about if it leaks? The mattress itself sits inside a strong, waterproof liner, so in the unlikely event of a leak, it would be contained inside the liner.

What if your cat claws it? If your pussy gets too playful, you can instantly repair it with a special kit, so

there's no need to worry.

I too, showed typical British cynicism at first; but I am now preaching from the pulpit of the totally converted - never again will I buy an ordinary, common-or-garden, interior sprung, how-do-you-clean-off-the-stains-of-a-particularly-active-weekend, dust trapping, bed-that-goes-boing-in-the-night.

So come on, show you're not all sado-masochists or sleepy-time cowards - be adventurous - be a hedonist - seek your pleasure and find it - go buy a waterbed!

Hedonists who wish to acquire a waterbed can pay over a thousand quid for one. But it is possible - if you know where to look - to purchase exhibition and ex-display/demonstration models, with full guarantee for between £300 and £700. They will be delivered, fully set up by experts, and all the beds bear the European equivalent of our British kite mark. (For more details ring 0323 507665).

HOT SHOTS

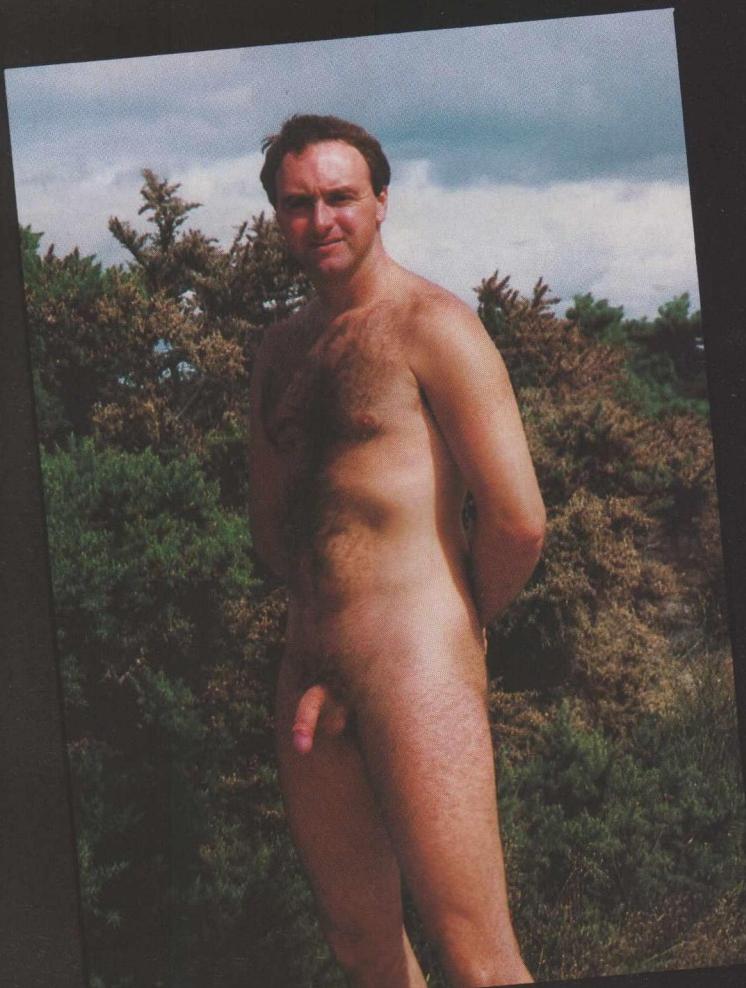
A tenner for every photo printed on these sizzling pages. Send them to Hot Shots, H&E, 1st Floor, 64 Great Eastern Street, London EC2A 3QR.



Naturally beautiful.



"No saddle and still I haven't fallen off."



Worried in Wiltshire.



Blue sky, white sand - no wonder they look so happy.



A wonderful bluey whiteness on one of the Thames Islands



Joanne gets slatey.



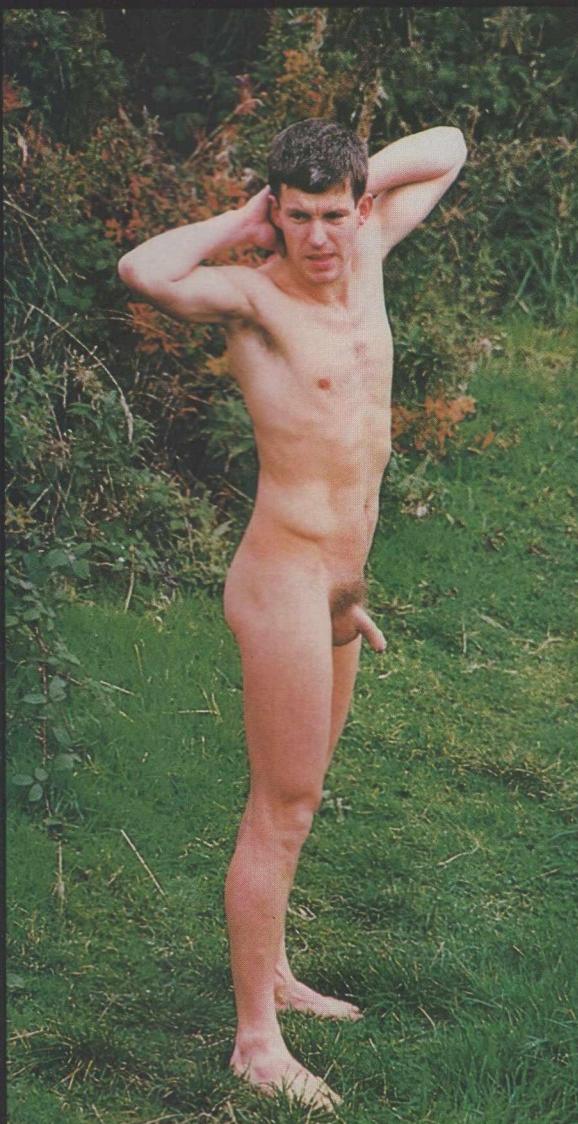
A natural dreamer.



Bottoms up for nudity.



Carolyn gets on the ball, right on cue.



Early morning stretch.



You won't get fenced in with German naturism.

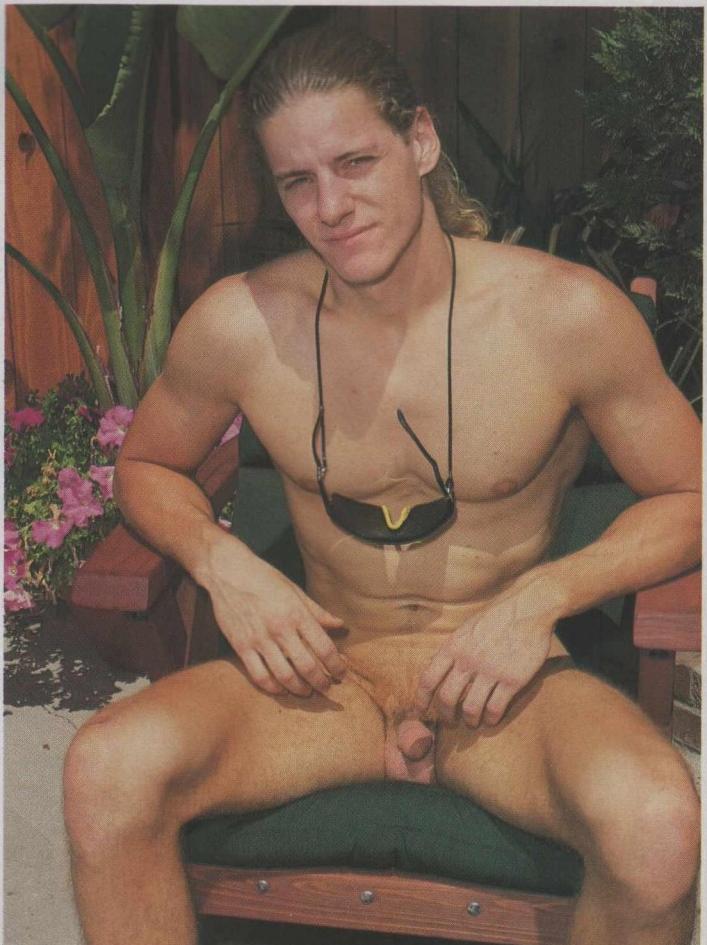
MAN

of the MONTH

October's top man is David from Germany, enjoying the last rays of summer. If you think you'd look cool by the pool - or anywhere else for that matter and would like to see yourself in print, send your pics to: Man of the Month, H&E, 1st Floor, 64 Great Eastern Street, London EC2A 3QR.



A man who's not scared to take the plunge.



THE FIG LEAVES ARE FALLING

I recently received a letter from a disgruntled reader who complained that we should stick to covering 'mainstream' naturism and not publish articles outside this description.

If we took 100 naturists, how many would agree on what constitutes mainstream naturism? I suspect that the once a week local club goer would have quite a different viewpoint from the once a year visitor to Cap d'Agde.

I hope to give facts and fun to all, whatever type of naturist you are. And I'm not just going to restrict it to 'mainstream' naturism either - whatever that is. H&E is an international magazine for a diverse number of readers.

If I'm persuaded that a number of naturists are very interested in depilation (yes, you've convinced me!) then we'll include features and pictures on the subject. The same goes for tattooing, piercing, networking and swinging parties.

H&E is devoted to the cause of fun in naturism; we do not moralise or discriminate. The whole point about naturism is freedom, not constriction, and that is what we are keeping uppermost in mind.

Kate Sturdy,
Managing Editor.

Next Month:

- Sexual Etiquette
- Torch Dem
- Trousers
- Flashers and Snappers in Southern Spain
- Finding your way in Fuerteventura

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A personal view of ... Piercing

Rings come in a wide range of sizes from 9.5mm to 75-80mm and beyond in diameter and from 1.5mm-15mm in thickness. They are available in a range of closures most common on which is the 'ball closure' type. Here the ring has a ball of a larger size fitted into the gap left to enable the fitting or removal of the ring, it is possible to have a 'smooth ring' which fastens against itself to form a smooth loop.

A choice of plain or mirror-polished, surgical stainless steel and gold is available.

Bar-bells similarly come in various sizes and are usually retained by screwing a loose ball onto one end only. There are other types that can be worn to enlarge, enhance or improve the basic ring/bar-bell and piercing.

Moving on down we arrive at the navel. If you are lucky you will have a small lip over or under your navel and it is through this web of skin that the piercing is performed.

Further down again brings us to the area that attracts most attention. It is the appearance of a genital piercing that causes the maximum grief within the less broad-minded naturist circles and has led to expulsions from clubs.

I have a Prince Albert piercing. It passes through the underside of my penis and out through my uretha. No, it did not hurt at the time, due to local anaesthetic although I did have some bruising, and a slight infection which was cleared up by a course of penicillin after consulting my doctor.

What other piercings are there? For men there are:

Prince Albert and Reverse Prince

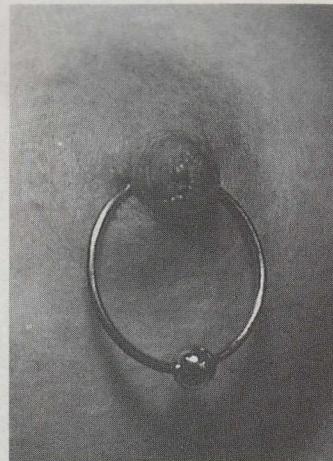
Albert. The reverse goes through the top of the penis and out through the uretha.

Frenum. Pierces the loose skin under the glans. It is possible to have two styles of ring Large and/or Small or a short bar-bell fitted. The Larger fitted over the glans and snugly around the ridge. The small ring and bar-bell lay under the glans.

Ampallang. Passes through the glans from side to side via the uretha. Best worn with a bar-bell as movement may be difficult with a 600mm dia. ring.

Over recent years there has been an upward trend in the wearing of Body Jewellery, despite some naturists belief that the body should always be viewed unadorned by any artificial aid. Here, we look at piercing as a means of self expression.

By Stuart Moon



Apadravya. Involves passing a bar-bell vertically through the glans and out through the uretha.

Dydoe. Usually fitted in pairs either as rings or short bar-bells, through the foreskin. It is possible to wear just one large ring. It is this piercing you see on some Ancient Greek artifacts, in use as a male chastity belt for slaves. Could it make a come back as a prerequisite of single male admittance to a club?

Hafada. Again a pair of piercings to the sides of the scrotal sack.

Pubic. A piercing to the base of the penis where it joins the body, best seen if the wearer is depilated!

Guiche. Worn to the rear of the scrotum. Not really ideal for an office or other type of seated occupation.

For women there are:

Clitoris A. The Hood either by a vertical or horizontal ring or bar-bell. The ring being about 9.5mm x 1.5mm thick. The bar-bell can be up to about the same length but up to twice as thick. Vertical piercing is best if you have a fuller figure.

B. It is possible to pierce the Clitoris but it must be prominent preferably free from the hood, a small ring or bar-bell is best.

Inner Labia. Multiple piercings are possible. Because of the quick healing times these piercings are the most popular.

Outer Labia. Because of the very much thicker flesh the healing process is much slower, but it is possible to have multiple piercings.

The only problem I have found with being a piercee is that I want another one which will probably be a Frenum with a large ring.

I know from the quizzical looks I have received that many people do not believe what they see. I have grown used to these double takes and the lingering looks that I have received on the beach at Brighton.

Lastly, though, it is possible to pierce yourself, my advice is don't. Always use a known professional and preferably someone registered with their local Health Authority.

H&L

Find out more, ring our tattooing and piercing hotline, 0891 112538

All calls are charged at 49p/min at peak times and 37p/min at all other times.

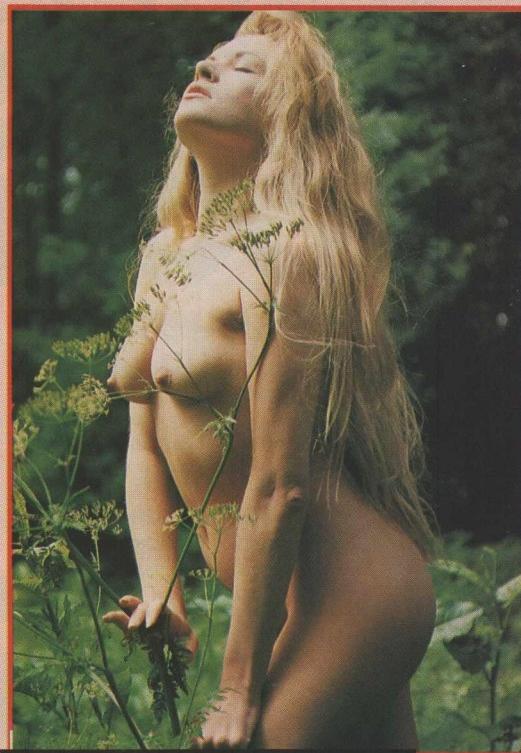
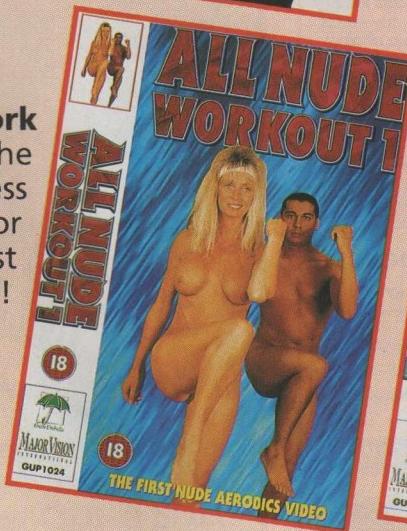
PRIVATE LIVES

How would you like to follow a couple of weeks in the life of a naturalist model? **Heather's Story** is there for those of you who would. From the beauty of Anglesey to the wild high life of Amsterdam, every aspect of Heather's life is documented. **Heather's Story** is the first in a brilliant new series by Majorvision, called **Private Lives**. And at just £26.99 incl it's a bargain!

Shooting the Nude - Nude photography explained. Just £21.99 incl!



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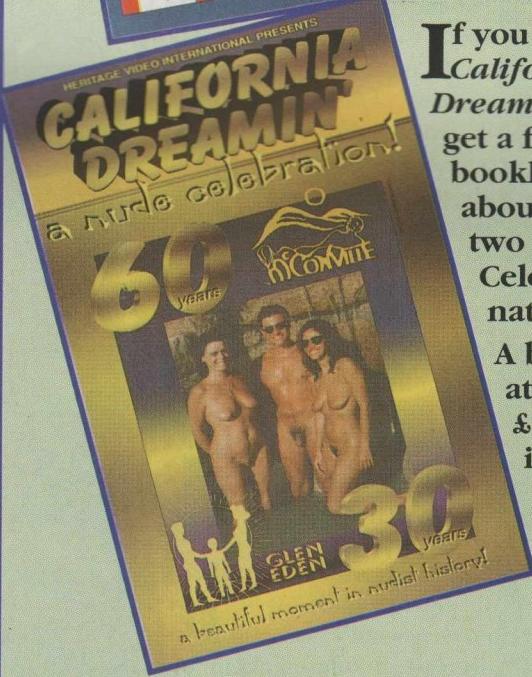
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0891 112529



INFORMATION LINE

For a comprehensive explanation about MEETING PLACE and how it works, you can call the information line anytime on
0891 112523

MEN

Male 37, medium build, 5'10", would like to meet female, 25-35 for mutual good time. Call MB No 75546

Male 37, offers sensual massage to females, no fees. MB No 75586

Hampshire male, 41, clean and discreet, seeks uninhibited couple for adult fun, age, size looks not important, but non smokers are preferred. MB No 75588

White male very religious background, seeks kind, understanding lady 30-60, willing to teach me about love. MB No 75596

Paul, 5'10", slim build, 24, shy, looking for female, 18-25, to introduce me to naturism. MB No 75647

31 yr tall, blonde, beach bum type, loves skiing, surfing, outdoor life, rock music, seeks female 18 and over for possible relationship and fun. MB No 75690

Young, 27, tall, attractive, outgoing, seeking young, outgoing woman to share interests - waterskiing, snow skiing, travelling abroad, great social life. MB No 75745

44yr Oxford male, seeks female for naturist outings, interests include photography, cooking, keeping fit, music. MB No 75755

Male would like an introduction to naturism by nice looking female, 30-40 in London, South East area. MB No 75778

Single male 29, tall, slim, good looking, discreet, seeks similar female to

share fun, sun, naturism, maybe more, please call. MB No 75787

Richard 46, single, like to meet lady for friendship and naturism, live in Lincs, South Humber area. MB No 75845

Male 38 into naturism, seeks broad minded couples for discreet adult fun, Berkshire area. MB No 75999

Steve 33 black hair, moustache, educated, slim, tall, seeking blonde, blue eyed lady, age immaterial, for fun times, pleasure and experiences. MB No 76007

Male 28, broad minded, seeks couples and females for anything goes adult fun, cleanliness and discretion assured, can travel in Norfolk area. MB No 76060

Johnathan, 23, large athletic single male, seeks ladies or couples, 30-45, for adult fun and introduction to naturism. MB No 76090

Single male 26, likes outdoor life, loves hang gliding, would like to be introduced to freedom of naturism by single female or couple. MB No 76484

Slim, attractive and articulate married male 37, living in Bucks, seeks female, soulmate for platonic naturist relationship, own caravan at sunclub in Herts. MB No 76486

Kevin, 32, 5'9" slim, dark, artist looking for model/lover for uncomplicated friendship

this summer.

MB No 76486

Male 38, seeks lady for naturist activities and friendship in South Humberside area. MB No 76589

Male 46 Birmingham area, like to meet like minded female in surrounding area, into naturism. MB No 76667

Cambridgeshire male, 30, tall, VGSOH varied interests, seeks bi or straight female, 18+, or couple to introduce me to naturism, looks unimportant. MB No 76700

COPLES

Couple early 40s, active naturists, seek genuine couple for friendship and adult fun, anywhere in Southern England. MB No 75880

Couple, male 34, female 23, fairly new to naturism, would like to hear from other couples and singles for domestic and social naturism, day and evenings, Portsmouth. MB No 76570

Married couple, young 39, she inexperienced bi, like to meet females couples or males for fun and friendship, England. MB No 76766

Married couple early 40s, she size 10, looking for other couples only for friendship and adult fun. London/ Home Counties, can accommodate. MB No 76777

Young attractive couple, seek clean, polite couples, single women, for get togethers at their

Bracken country retreat. MB No 76790

GAYS

Bi male 32, seeks naturist couple, singles for safe adult fun and friendship, Glasgow, West Coast Scotland. MB No 75546

Tim, 23, Liverpool gay, looking for holiday companion to go away to Greek Isles at end of August, don't want permanent relationship, purely a holiday companion. MB No 75677

Bisexual Male, 30, 5'6", medium build, married, new to naturism seeks similar male for daytime fun and massage. MB No 7596

Male, bisexual, naturist, interested in all activities, seeks similar males, females, couples for friendship. MB No 76469

Male, Midlands, naturist, interested in arts, theatre, opera, literature, bisexual looking for casual friendships with similar males or maybe females and couples. MB No 75774

Bi male, 27 handsome, long dark hair, blue eyes, slim enjoys naturism, seeking couples or singles for fun times in the Cambridge area. MB No 76687

WOMEN

Jane, late 30s naturist, like to meet other females or couples for fun and friendship from anywhere. MB No 75976

Meeting Place Advertisements
All the adverts appearing in the magazine section are from genuine people looking to make new friends and relationships.

TO REPLY, DIAL 0891 112529

You can listen to a personal message, recorded by any of the people listed above. At the end of each ad you will see a MB No. Dial 0891 112529 and then enter this number using your phone to listen to their message. If you like what you hear, you can then leave a message for that person.

TO ADVERTISE, DIAL 0891 112525

To place an ad in Meeting Place, simply get a pen and pad and write down an advert for yourself similar to the ones shown - maximum length 25 words. Have in mind things you would like to say in your voice message or even prepare a little script.

Dial 0891 112525 and first leave the 25 words for your advert, then leave your personal voice message. Readers will call your voice message from the ad and if they like the sound of you, will leave a

message for you.

You will be given a unique telephone number which allows you to listen to these messages. You can then contact the people you like. It's your decision.

The service is safe, completely confidential and easy to use. So write your ad, pick up the phone and see just how effective Meeting Place is.

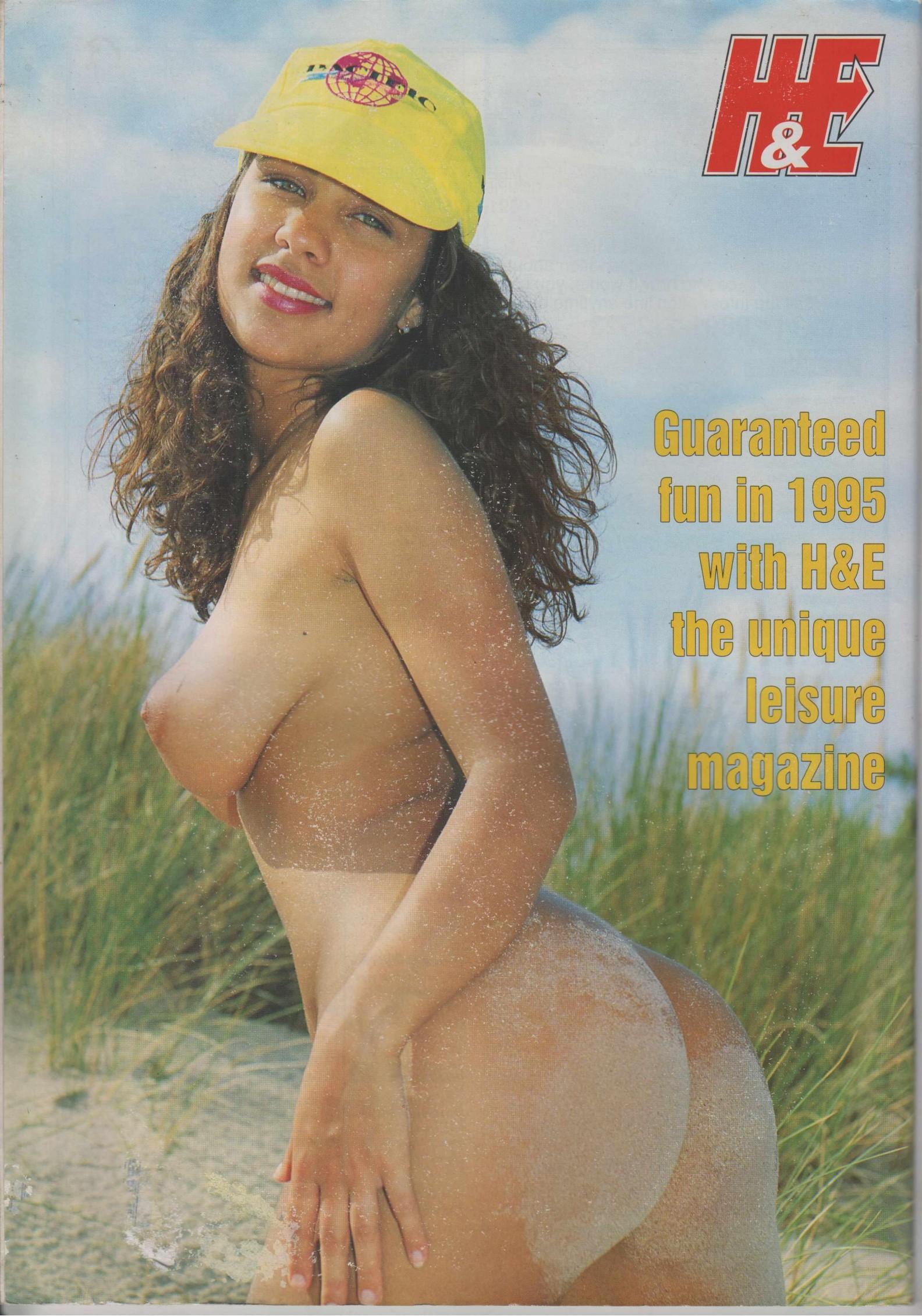
TO LISTEN TO A SELECTION OF FEMALE ADVERTISERS DIAL 0891 112526

TO LISTEN TO A SELECTION OF MALE ADVERTISERS DIAL 0891 112527

TO LISTEN TO A SELECTION OF COUPLES DIAL 0891 112528

24 hours a day. Calls charged at 36p per minute cheap rate and 48p at all other times.

Calls must be made from a push button phone and advertisers must be a minimum of 18 years of age

A full-page photograph of a woman from the waist up, positioned on the left side of the advertisement. She is wearing a bright yellow baseball cap with a red and black logo on the front. Her long, dark, wavy hair is visible. She is wearing a light-colored, possibly white or cream, bikini top and matching bottoms. She is standing in a sandy area with tall, green grassy dunes in the background under a clear blue sky.

H&E

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